

Workout #22968 - Tuesday, 01 January 2019

4:29 PM 2,110 Yards - Stress Value = 58

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Back Shooters SP3
 1,500 30 x 50 on :50 200 Back Pace* SP2
 1 on 6:00 Video Evaluations 2 corrections REC
 900 30 x 30 on :30 100 Breast Pace SP2
 1 on 6:00 Video Evaluations REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 11:00 Racing Skill-Timed Starts to 15m SP3
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 40:00 Transistion to WR/Weights REC
 9:45 AM 4,800 Yards - Stress Value = 471

Workout #22973 - Tuesday, 01 January 2019

HighSchl - Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-#2 Shooters
 1,650 11 x 150 on 2:45 FR-Descnd in 3's, dscnd each s
 160 8 x 20 on 3:00 Timed Underwaters B/S
 1 on 15:00 Racing Skills-Tivo Starts
 4:30 PM 1,960 Yards - Stress Value = 55

Workout #22969 - Tuesday, 01 January 2019

HighSchl - Freestylers

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-#2 Shooters
 2,250 15 x 150 on 2:00 FR-Descnd in 3's, dscnd each s
 160 8 x 20 on 3:00 Timed Underwaters B/S
 1 on 15:00 Racing Skills-Tivo Starts
 4:29 PM 2,560 Yards - Stress Value = 67

Workout #22974 - Tuesday, 01 January 2019

Group 2 - Freestylers

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 850 1x{1 x 250 on 4:35 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 200 on 3:40 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 2:45 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
 750 30 x 25 on :30 USRPT 100 Free Pace
 200 1 on 10:00 Racing Skills-Finishes StrghtArm
 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,325 Yards - Stress Value = 132

Workout #22970 - Tuesday, 01 January 2019

HighSchl - Gold

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-#2 Shooters
 2,100 14 x 150 on 2:10 FR-Descnd in 3's, dscnd each s
 160 8 x 20 on 3:00 Timed Underwaters B/S
 1 on 15:00 Racing Skills-Tivo Starts
 4:30 PM 2,410 Yards - Stress Value = 64

Workout #22975 - Tuesday, 01 January 2019

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 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
 750 30 x 25 on :30 USRPT 100 Free Pace
 200 1 on 10:00 Racing Skills-Finishes StrghtArm
 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,125 Yards - Stress Value = 128

Workout #22971 - Tuesday, 01 January 2019

HighSchl - Silver

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-#2 Shooters
 1,950 13 x 150 on 2:20 FR-Descnd in 3's, dscnd each s
 160 8 x 20 on 3:00 Timed Underwaters B/S
 1 on 15:00 Racing Skills-Tivo Starts
 4:30 PM 2,260 Yards - Stress Value = 61

Workout #22972 - Tuesday, 01 January 2019

HighSchl - Silver/Bronze

1 minute rest between sets

3:00 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-#2 Shooters
 1,800 12 x 150 on 2:30 FR-Descnd in 3's, dscnd each s
 160 8 x 20 on 3:00 Timed Underwaters B/S
 1 on 15:00 Racing Skills-Tivo Starts

Workout #22981 - Wednesday, 02 January 2019

HighSchl - Kick set day

1 minute rest between sets

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
1,400	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1x{	1 x 200 on 4:00 Kick w/ snorkel	EN2
	{ 8 x 25 on :30 Kick no board B	EN2
	{ 1 x 200 on 3:50 Kick w/ snorkel	EN2
	{ 8 x 25 on :30 Kick no board S	EN2
	{ 1 x 200 on 3:40 Kick w/ snorkel	EN2
	{ 8 x 25 on :30 Kick no board LR	EN2
	{ 1 x 200 on 3:30 Kick w/ snorkel	EN2
200	8 x 25 on 3:00 Timed Underwaters-L/R	EN2
	1 on 15:00 Racing Skills-Relay Starts	EN1
	4:30 PM 1,825 Yards - Stress Value = 41	

Workout #22982 - Wednesday, 02 January 2019

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
1,300	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1x{	1 x 200 on 4:20 Kick w/ snorkel	EN2
	{ 8 x 25 on :30 Kick no board B	EN2
	{ 1 x 200 on 4:10 Kick w/ snorkel	EN2
	{ 8 x 25 on :30 Kick no board S	EN2
	{ 1 x 200 on 4:00 Kick w/ snorkel	EN2
	{ 8 x 25 on :30 Kick no board LR	EN2
	{ 1 x 100 on 1:50 Kick w/ snorkel	EN2
200	8 x 25 on 3:00 Timed Underwaters-L/R	EN2
	1 on 15:00 Racing Skills-Relay Starts	EN1
	4:30 PM 1,725 Yards - Stress Value = 39	

Workout #22983 - Wednesday, 02 January 2019

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
1,200	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1x{	1 x 200 on 4:40 Kick w/ snorkel	EN2
	{ 8 x 25 on :35 Kick no board B	EN2
	{ 1 x 200 on 4:30 Kick w/ snorkel	EN2
	{ 8 x 25 on :35 Kick no board S	EN2
	{ 1 x 200 on 4:20 Kick w/ snorkel	EN2
	{ 8 x 25 on :35 Kick no board LR	EN2
200	8 x 25 on 3:00 Timed Underwaters-L/R	EN2
	1 on 15:00 Racing Skills-Relay Starts	EN1
	4:31 PM 1,625 Yards - Stress Value = 37	

Workout #22984 - Wednesday, 02 January 2019

Group 3 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
1,100	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1x{	1 x 200 on 5:00 Kick w/ snorkel	EN2
	{ 8 x 25 on :35 Kick no board B	EN2
	{ 1 x 200 on 4:50 Kick w/ snorkel	EN2
	{ 8 x 25 on :35 Kick no board S	EN2
	{ 1 x 200 on 4:40 Kick w/ snorkel	EN2
	{ 4 x 25 on :35 Kick no board LR	EN2

200	8 x 25 on 3:00 Timed Underwaters-L/R	EN2
	1 on 15:00 Racing Skills-Relay Starts	EN1
	4:30 PM 1,525 Yards - Stress Value = 35	

Workout #22985 - Wednesday, 02 January 2019

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
950	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1x{	1 x 200 on 5:30 Kick w/ snorkel	EN2
	{ 6 x 25 on :45 Kick no board B	EN2
	{ 1 x 150 on 4:00 Kick w/ snorkel	EN2
	{ 6 x 25 on :45 Kick no board S	EN2
	{ 1 x 150 on 3:50 Kick w/ snorkel	EN2
	{ 6 x 25 on :45 Kick no board LR	EN2
200	8 x 25 on 3:00 Timed Underwaters-L	EN2
	1 on 15:00 Racing Skills-Relay Starts	EN1
	4:30 PM 1,375 Yards - Stress Value = 32	

Workout #22986 - Wednesday, 02 January 2019

Group 3 - Copper

1 minute rest between sets

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
850	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1x{	1 x 200 on 6:30 Kick w/ snorkel	EN2
	{ 4 x 25 on :45 Kick no board B	EN2
	{ 1 x 150 on 4:40 Kick w/ snorkel	EN2
	{ 4 x 25 on :45 Kick no board S	EN2
	{ 1 x 150 on 4:30 Kick w/ snorkel	EN2
	{ 6 x 25 on :45 Kick no board LR	EN2
200	8 x 25 on 3:00 Timed Underwaters-L	EN2
	1 on 15:00 Racing Skills-Relay Starts	EN1
	4:30 PM 1,275 Yards - Stress Value = 30	

Workout #22987 - Wednesday, 02 January 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY
450	1 on 35:00 DS/Dryland	
150	18 x 25 on :30 Wednesday Warm-up	
	2-12, 4-14, 6-16, 6-18	
1,450	10 x 15 on :45 Shooters	
1x{	1 x 50 on :55 Breast Kick w/board	
	{ 4 x 50 on 1:10 Breast Pull	
	{ 2 x 75 on 1:25 Breast Kick w/board	
	{ 3 x 50 on 1:10 Breast Pull	
	{ 3 x 100 on 1:50 Breast Kick w/board	
	{ 2 x 50 on 1:10 Breast Pull	
	{ 4 x 125 on 2:05 Breast Kick w/board	
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,250	1x{ 1 x 200 on 4:00 Breast 2K1P	
	{ 3 x 50 on 1:00 Breast descend	
	{ 1 x 200 on 4:00 Breast 3-4-5-6 sec glide	
	{ 3 x 50 on :55 Breast-descend	
	{ 1 x 200 on 4:00 Breast-2K1P	
	{ 3 x 50 on :50 Breast-descend	
	{ 1 x 200 on 4:00 Breast 3-4-5-6 sec glide	
625	25 x 25 on :35 USRPT 100 Breast Pace	
200	1 x 200 on 4:00 Stroke Drills	
	11:30 AM 4,225 Yards - Stress Value = 114	

Workout #22988 - Wednesday, 02 January 2019

Group 2 - Gold

1 minute rest between sets

9:15 AM Start

Yards	Set Description
375	1 on 35:00 DS/Dryland 15 x 25 on :35 Wednesday Warm-up 2-14, 4-16, 6-18, 3-20
150	10 x 15 on :45 Shooters
1,300	1x{1 x 50 on 1:05 Breast Kick w/board 4 x 50 on 1:10 Breast Pull 2 x 75 on 1:35 Breast Kick w/board 3 x 50 on 1:10 Breast Pull 3 x 100 on 2:10 Breast Kick w/board 3 x 50 on 1:10 Breast Pull 2 x 125 on 2:40 Breast Kick w/board 1 x 50 on 1:10 Breast Pull
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 200 on 4:15 Breast 2K1P 3 x 50 on 1:05 Breast descend 1 x 200 on 4:15 Breast 3-4-5-6 sec glide 3 x 50 on 1:00 Breast-descend 1 x 150 on 3:10 Breast-2K1P 4 x 50 on :55 Breast-descend 1 x 150 on 3:10 Breast-3-4-5-6 sec glide
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 3,950 Yards - Stress Value = 112	

Workout #22989 - Wednesday, 02 January 2019

Group 2 - Silver

1 minute rest between sets

9:15 AM Start

Yards	Set Description
325	1 on 35:00 DS/Dryland 13 x 25 on :40 Wednesday Warm-up 2-15 4-17, 6-19, 1-21
150	10 x 15 on :45 Shooters
1,200	1x{1 x 50 on 1:10 Breast Kick w/board 4 x 50 on 1:15 Breast Pull 2 x 75 on 1:45 Breast Kick w/board 3 x 50 on 1:15 Breast Pull 3 x 100 on 2:20 Breast Kick w/board 3 x 50 on 1:15 Breast Pull 2 x 100 on 2:20 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 200 on 4:40 Breast 2K1P 3 x 50 on 1:10 Breast descend 1 x 200 on 4:40 Breast 3-4-5-6 sec glide 3 x 50 on 1:05 Breast-descend 1 x 100 on 2:20 Breast-2K1P 4 x 50 on 1:00 Breast-descend 1 x 100 on 2:20 Breast-3-4-5-6 sec glide
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 3,625 Yards - Stress Value = 101	

Workout #22990 - Wednesday, 02 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
325	1 on 35:00 DS/Dryland 13 x 25 on :40 Wednesday Warm-up 2-16 4-18, 6-20, 1-22
150	10 x 15 on :45 Shooters
1,150	1x{1 x 50 on 1:15 Breast Kick w/board

	{4 x 50 on 1:15 Breast Pull
	{2 x 75 on 1:55 Breast Kick w/board
	{3 x 50 on 1:15 Breast Pull
	{3 x 100 on 2:30 Breast Kick w/board
	{3 x 50 on 1:15 Breast Pull
	{1 x 150 on 3:50 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{1 x 150 on 4:00 Breast 2K1P 3 x 50 on 1:20 Breast descend 1 x 150 on 4:00 Breast 3-4-5-6 sec glide 3 x 50 on 1:15 Breast-descend 1 x 100 on 2:40 Breast-2K1P 3 x 50 on 1:10 Breast-descend 1 x 100 on 2:40 Breast-3-4-5-6 sec glide
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 3,425 Yards - Stress Value = 99	

Workout #22991 - Wednesday, 02 January 2019

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland 12 x 25 on :45 Wednesday Warm-up 2-18 4-20, 6-22, 2-24
150	10 x 15 on :45 Shooters
1,000	1x{1 x 50 on 1:25 Breast Kick w/board 4 x 50 on 1:25 Breast Pull 2 x 75 on 2:05 Breast Kick w/board 3 x 50 on 1:25 Breast Pull 3 x 100 on 2:50 Breast Kick w/board 3 x 50 on 1:25 Breast Pull
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{1 x 150 on 4:15 Breast 2K1P 3 x 50 on 1:30 Breast descend 1 x 150 on 4:15 Breast 3-4-5-6 sec glide 3 x 50 on 1:25 Breast-descend 1 x 100 on 2:50 Breast-2K1P 1 x 50 on 1:20 Breast-FAST 1 x 100 on 2:50 Breast-3-4-5-6 glide
500	20 x 25 on :45 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 3,100 Yards - Stress Value = 89	

Workout #22992 - Wednesday, 02 January 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
300	1 on 35:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up 2-18 4-20, 6-22, 2-24
725	10 x 15 on :45 Shooters
100	1x{1 x 50 on 2:00 Breast Kick w/board 4 x 50 on 2:00 Breast Pull 2 x 75 on 3:00 Breast Kick w/board 2 x 50 on 2:00 Breast Pull 2 x 100 on 4:00 Breast Kick w/board 1 x 25 on 1:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{1 x 100 on 3:15 Breast 2K1P 3 x 50 on 2:00 Breast descend 1 x 100 on 3:15 Breast 3-4-5-6 sec glide 1 x 50 on 1:55 Breast-descend 1 x 100 on 3:15 Breast-2K1P 2 x 50 on 1:50 Breast-descend 1 x 100 on 3:15 Breast-3-4-5-6 sec glide
375	15 x 25 on 1:00 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,550 Yards - Stress Value = 68

Workout #22993 - Thursday, 03 January 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
7:00 AM	Start	
150	1 on 10:00 DS/Showers	RE
1,500	10 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 50 on :55 200 Breast Pace*	SE
1,000	1 on 6:00 Video Evaluations-2 corrections	RE
750	30 x 25 on :30 100 Free Pace	SE
1,000	1 on 6:00 Video Evaluations	RE
750	40 x 25 on :30 200 Fly Pace	SE
750	1 on 13:00 Underwater Racing	EN
750	30 x 25 on :30 100 Back Pace	SE
	1 on 40:00 Transition to WR/Weights	RE
	9:45 AM 4,150 Yards - Stress Value = 406	

Workout #22994 - Thursday, 03 January 2019

Group 2 - Back

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
925	10 x 15 on :45 Shooters
100	1x{6 x 25 on :30 Kick no board B w/fins 1 x 150 on 3:00 Streamline Kick on back 6 x 25 on :30 Kick no board B w/fins 1 x 150 on 2:55 Streamline Kick on back 7 x 25 on :30 Kick no board B w/fins 1 x 150 on 2:50 Streamline Kick on back 1 on 26:00 Teach Day-BACK
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,725 Yards - Stress Value = 100

Workout #22995 - Thursday, 03 January 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
900	10 x 15 on :45 Shooters
100	1x{6 x 25 on :30 Kick no board B w/fins 1 x 150 on 3:20 Streamline Kick on back 6 x 25 on :30 Kick no board B w/fins 1 x 150 on 3:15 Streamline Kick on back 6 x 25 on :30 Kick no board B w/fins 1 x 150 on 3:10 Streamline Kick on back 1 on 26:00 Teach Day-BACK
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts 1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,525 Yards - Stress Value = 86

Workout #22996 - Thursday, 03 January 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
800	10 x 15 on :45 Shooters
100	1x{6 x 25 on :35 Kick no board B w/fins 1 x 150 on 3:35 Streamline Kick on back 6 x 25 on :35 Kick no board B w/fins 1 x 150 on 3:30 Streamline Kick on back 6 x 25 on :35 Kick no board B w/fins 1 x 50 on 1:10 Streamline Kick on back 1 on 26:00 Teach Day-BACK
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts 1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,300 Yards - Stress Value = 77

Workout #22997 - Thursday, 03 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Shooters
100	1x{6 x 25 on :35 Kick no board B w/fins 1 x 100 on 2:40 Streamline Kick on back 6 x 25 on :35 Kick no board B w/fins 1 x 100 on 2:35 Streamline Kick on back 6 x 25 on :35 Kick no board B w/fins 1 x 100 on 2:30 Streamline Kick on back 1 on 26:00 Teach Day-BACK
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts 1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,200 Yards - Stress Value = 76

Workout #22998 - Thursday, 03 January 2019

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
625	1x{6 x 25 on :45 Kick no board B w/fins {1 x 100 on 3:00 Streamline Kick on back {6 x 25 on :45 Kick no board B w/fins {1 x 100 on 2:55 Streamline Kick on back {5 x 25 on :45 Kick no board B w/fins 1 on 26:00 Teach Day-BACK
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,025 Yards - Stress Value = 73

Workout #22999 - Thursday, 03 January 2019

Group 2 - Copper

1 minute rest between sets

9:15 AM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
575	1x{6 x 25 on :45 Kick no board B w/fins {1 x 100 on 3:40 Streamline Kick on back {6 x 25 on :45 Kick no board B w/fins {1 x 100 on 3:35 Streamline Kick on back {3 x 25 on :45 Kick no board B w/fins 1 on 26:00 Teach Day-BACK
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
	1 x 200 on 4:00 Stroke Drills
	11:30 AM 1,875 Yards - Stress Value = 68

Workout #23000 - Friday, 04 January 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace*	SP2
	1 on 5:00 Video Evaluations-2 corrections	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Video Evaluations	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 12:00 Racing Skills-Fly Kick Relay	EN2
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Racing Skills-6 sec work	EN2
	9:14 AM 4,650 Yards - Stress Value = 456	

Workout #23001 - Friday, 04 January 2019

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY
	1 on 20:00 DS/Ted's Abs/Showers	REC
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3

750	30 x 25 on :30 Your #1 non free pace	SP2
	1 on 7:00 Video Evaluations	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
750	30 x 25 on :30 100 Free Pace	SP2
225	15 x 15 on :45 Racing Skills-Spinners	SP3
	4:30 PM 2,175 Yards - Stress Value = 171	

Workout #23002 - Saturday, 05 January 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
	1 on 10:00 DS/Showers	REC
300	20 x 15 on :45 Racing Skills-#1 Shooters	SP3
1,500	30 x 50 on :50 #1 200 Non Free	SP3
	1 on 8:00 Video Evaluations 2 corrections	REC
1,500	1x{10 x 50 on :55 400 IM Pace	SP3
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP3
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP3
	1 on 13:00 Racing Skills-timed free turns	SP3
2,250	30 x 75 on 1:05 500 Free Pace	SP3
	1 on 13:00 Racing Skills-timed open turns	SP3
	9:29 AM 5,550 Yards - Stress Value = 537	

Workout #23003 - Monday, 07 January 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace*	SP2
	1 on 6:00 Video Evaluations 2 corrections	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 7:00 Video Evaluations	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 40:00 Transition to WR/Weights	SP2
	8:15 AM 4,950 Yards - Stress Value = 462	

Workout #23004 - Monday, 07 January 2019

HighSchl - USRPT-Distance

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
	1 on 10:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-#1 Shooters	SP3	
3,000	40 x 75 on 1:05 1000 Free Pace	SP2	
	Make 1 subtract 1		
160	8 x 20 on 3:00 Timed Underwaters-alt B/S	SP2	
	5:38 PM 3,310 Yards - Stress Value = 322		

Workout #23005 - Monday, 07 January 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:00 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:55 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:45 Streamline Kick on back
 {2 x 25 on :30 Kick no board B w/fins
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 2x{1 x 150 on 2:15 Backstroke
 {2 x 125 on 1:50 Backstroke
 {2 x 100 on 1:25 Backstroke
 {2 x 75 on 1:05 Backstroke
 {1 x 100 on 2:00 EZ Free
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 4,450 Yards - Stress Value = 130

Workout #23006 - Monday, 07 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:20 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:15 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:05 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 2x{1 x 150 on 2:40 Backstroke
 {2 x 125 on 2:10 Backstroke
 {1 x 100 on 1:45 Backstroke
 {2 x 75 on 1:15 Backstroke
 {1 x 50 on 1:45 EZ Free
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 RELAY
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 3,925 Yards - Stress Value = 112

Workout #23007 - Monday, 07 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 150 on 3:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 150 on 3:30 Streamline Kick on back
 {4 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:15 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

1,200 2x{1 x 150 on 3:05 Backstroke
 {1 x 125 on 2:30 Backstroke
 {2 x 100 on 1:55 Backstroke
 {1 x 75 on 1:25 Backstroke
 {1 x 50 on 1:30 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,500 Yards - Stress Value = 99

Workout #23008 - Monday, 07 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:40 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 100 on 2:25 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 2x{1 x 150 on 3:30 Backstroke
 {1 x 125 on 2:50 Backstroke
 {1 x 100 on 2:15 Backstroke
 {2 x 50 on 1:05 Backstroke
 {1 x 50 on 1:30 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 RELAY
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,250 Yards - Stress Value = 95

Workout #23009 - Monday, 07 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 3:00 Streamline Kick on back
 {6 x 25 on :45 Kick no board B w/fins
 {1 x 100 on 2:55 Streamline Kick on back
 {4 x 25 on :45 Kick no board B w/fins
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 2x{1 x 150 on 4:10 Backstroke
 {1 x 100 on 2:45 Backstroke
 {3 x 50 on 1:20 Backstroke
 {1 x 50 on 2:00 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 RELAY
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 89

Workout #23010 - Monday, 07 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:40 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:35 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	2x{1 x 150 on 4:30 Backstroke
	{1 x 100 on 2:55 Backstroke
	{2 x 50 on 1:25 Backstroke
	{1 x 50 on 2:00 EZ Free
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 RELAY
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,650 Yards - Stress Value = 81

Workout #23011 - Tuesday, 08 January 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 5:00 Video Evaluations 2 corrections	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 5:00 Video Evaluations	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 10:00 Racing Skills-Timed start to 15m	EN2
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 40:00 Transition to WR/Weights	REC
	8:15 AM 4,650 Yards - Stress Value = 456	

Workout #23012 - Tuesday, 08 January 2019

Group 2 - IM'ers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 Sun Yang Free
150	10 x 15 on :45 Shooters
1,050	1x{6 x 25 on :30 Kick no board B
	{4 x 50 on :50 Kick 1fly lbrst 2 free
	{4 x 25 on :30 Kick no board S
	{4 x 50 on :50 Kick 1fly 2brst 1 free
	{4 x 25 on :30 Kick no board L
	{4 x 50 on :50 Kick 2 fly lbrst 1 free
	{4 x 25 on :30 Kick no board R
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 200 on 3:00 Individual Medley
	{4 x 25 on :25 Fly
	{1 x 100 on 1:30 Reverse IM
	{1 x 200 on 2:55 Individual Medley
	{6 x 25 on :25 Backstroke
	{1 x 100 on 1:30 Reverse IM
	{1 x 200 on 2:50 Individual Medley
	{4 x 25 on :30 Breaststroke
	{1 x 100 on 1:30 Reverse IM
	{1 x 200 on 2:45 Individual Medley
	{6 x 25 on :25 Freestyle

750	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,450 Yards - Stress Value = 134

Workout #23013 - Tuesday, 08 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	1x{1 x 200 on 3:20 Individual Medley
	{4 x 25 on :30 Fly
	{1 x 100 on 1:40 Reverse IM
	{1 x 200 on 3:15 Individual Medley
	{4 x 25 on :30 Backstroke
	{1 x 100 on 1:40 Reverse IM
	{1 x 200 on 3:10 Individual Medley
	{4 x 25 on :30 Breaststroke
	{1 x 100 on 1:40 Reverse IM
	{1 x 200 on 3:05 Individual Medley
	{2 x 25 on :30 Freestyle
750	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 127

Workout #23014 - Tuesday, 08 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 200 on 4:00 Individual Medley
	{4 x 25 on :35 Fly
	{1 x 100 on 1:50 Reverse IM
	{1 x 200 on 3:55 Individual Medley
	{4 x 25 on :35 Backstroke
	{1 x 100 on 1:50 Reverse IM
	{1 x 200 on 3:50 Individual Medley
	{4 x 25 on :35 Breaststroke
	{1 x 100 on 1:50 Reverse IM
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 107

Workout #23015 - Tuesday, 08 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
700	1x{6 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick 1fly 1brst 1 free
	{4 x 25 on :40 Kick no board S
	{3 x 50 on 1:15 Kick 1fly 1brst 1 free
	{4 x 25 on :40 Kick no board 2L2R
	{1 x 50 on 1:15 Kick -choice
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 200 on 4:15 Individual Medley
	{4 x 25 on :35 Fly
	{1 x 100 on 2:00 Reverse IM
	{1 x 200 on 4:10 Individual Medley
	{4 x 25 on :35 Backstroke
	{1 x 100 on 2:00 Reverse IM
	{1 x 200 on 4:05 Individual Medley
	{6 x 25 on :35 Breaststroke
550	22 x 25 on :40 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 98

Workout #23016 - Tuesday, 08 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board B
	{3 x 50 on 1:30 Kick 1fly 1brst 1 free
	{4 x 25 on :45 Kick no board S
	{3 x 50 on 1:30 Kick 1fly 1brst 1 free
	{4 x 25 on :45 Kick no board 2L2R
	{1 x 50 on 1:00 Kick-choice
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 200 on 5:00 Individual Medley
	{4 x 25 on :45 2 Fly 2 Back
	{1 x 100 on 2:30 Reverse IM
	{1 x 200 on 5:00 Individual Medley
	{4 x 25 on :45 2 Breast 2 Free
	{1 x 100 on 2:30 Reverse IM
	{1 x 200 on 4:00 Individual Medley
500	20 x 25 on :45 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,000 Yards - Stress Value = 89

Workout #23017 - Tuesday, 08 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on 1:00 Kick no board B
	{2 x 50 on 2:00 Kick 1fly 1brst
	{4 x 25 on 1:00 Kick no board S
	{2 x 50 on 2:00 Kick 1 brst 1 free

	{2 x 25 on 1:00 Kick no board 1L1R
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 200 on 6:00 Individual Medley
	{4 x 25 on :45 3 Fly 3 Back
	{1 x 100 on 3:00 Reverse IM
	{1 x 200 on 6:00 Individual Medley
	{4 x 25 on :45 2 Breast 2 Free
	{1 x 100 on 3:00 Reverse IM
	{1 x 100 on 2:00 Individual Medley
1,500	15 x 100 on 1:00 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,650 Yards - Stress Value = 183

Workout #23018 - Wednesday, 09 January 2019

HighSchl - Kick set day

1 minute rest between sets

4:10 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS/Showers
225	15 x 15 on :45 Racing Skills-IM Shooters
2,000	1x{4 x 100 on 1:55 Kick w/ snorkel
	{1 x 100 on 1:20 Streamline kick on back w/fi
	{3 x 100 on 1:50 Kick w/ snorkel
	{2 x 100 on 1:20 Streamline kick on back w/fi
	{2 x 100 on 1:45 Kick w/ snorkel
	{3 x 100 on 1:20 Streamline kick on back w/fi
	{1 x 100 on 1:40 Kick w/ snorkel
	{4 x 100 on 1:20 Streamline kick on back w/fi
160	8 x 20 on 3:00 Timed Underwaters
	5:30 PM 2,385 Yards - Stress Value = 52

Workout #23019 - Wednesday, 09 January 2019

HighSchl - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS/Showers
225	15 x 15 on :45 Racing Skills-IM Shooters
1,800	1x{4 x 100 on 2:05 Kick w/ snorkel
	{1 x 100 on 1:30 Streamline kick on back w/fi
	{3 x 100 on 2:00 Kick w/ snorkel
	{2 x 100 on 1:30 Streamline kick on back w/fi
	{2 x 100 on 1:55 Kick w/ snorkel
	{3 x 100 on 1:30 Streamline kick on back w/fi
	{1 x 100 on 1:50 Kick w/ snorkel
	{2 x 100 on 1:30 Streamline kick on back w/fi
160	8 x 20 on 3:00 Timed Underwaters
	5:30 PM 2,185 Yards - Stress Value = 48

Workout #23020 - Wednesday, 09 January 2019

5:30 PM 1,635 Yards - Stress Value = 37

HighSchl - Silver

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,700 1x{4 x 100 on 2:10 Kick w/ snorkel
 {1 x 100 on 1:35 Streamline kick on back w/fi
 {3 x 100 on 2:05 Kick w/ snorkel
 {2 x 100 on 1:35 Streamline kick on back w/fi
 {2 x 100 on 2:00 Kick w/ snorkel
 {3 x 100 on 1:35 Streamline kick on back w/fi
 {1 x 100 on 1:55 Kick w/ snorkel
 {1 x 100 on 1:35 Streamline kick on back w/fi
 160 8 x 20 on 3:00 Timed Underwaters
 5:30 PM 2,085 Yards - Stress Value = 46

Workout #23021 - Wednesday, 09 January 2019

Group 3 - Silver/Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,600 1x{4 x 100 on 2:15 Kick w/ snorkel
 {1 x 100 on 1:40 Streamline kick on back w/fi
 {3 x 100 on 2:10 Kick w/ snorkel
 {2 x 100 on 1:40 Streamline kick on back w/fi
 {2 x 100 on 2:05 Kick w/ snorkel
 {3 x 100 on 1:40 Streamline kick on back w/fi
 {1 x 100 on 2:00 Kick w/ snorkel
 160 8 x 20 on 3:00 Timed Underwaters
 5:30 PM 1,985 Yards - Stress Value = 44

Workout #23022 - Wednesday, 09 January 2019

Group 3 - Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,450 1x{4 x 100 on 2:25 Kick w/ snorkel
 {1 x 100 on 1:55 Streamline kick on back w/fi
 {3 x 100 on 2:20 Kick w/ snorkel
 {2 x 100 on 1:55 Streamline kick on back w/fi
 {2 x 100 on 2:15 Kick w/ snorkel
 {2 x 100 on 1:55 Streamline kick on back w/fi
 {1 x 50 on 1:00 Kick w/ snorkel
 160 8 x 20 on 3:00 Timed Underwaters L
 5:30 PM 1,835 Yards - Stress Value = 41

Workout #23023 - Wednesday, 09 January 2019

Group 3 - Copper

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,250 1x{4 x 100 on 2:45 Kick w/ snorkel
 {1 x 100 on 2:10 Streamline kick on back w/fi
 {3 x 100 on 2:40 Kick w/ snorkel
 {2 x 100 on 2:10 Streamline kick on back w/fi
 {2 x 100 on 2:35 Kick w/ snorkel
 {1 x 50 on 1:05 Streamline kick on back w/fir
 160 8 x 20 on 3:00 Timed Underwaters

Workout #23024 - Wednesday, 09 January 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,200 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:25 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 100 on 1:55 Fly Kick w/board
 {2 x 25 on :30 Kick no board BS
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{4 x 75 on 1:10 Fly 25R-25L-25B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 100 on 1:30 Fly 25R-25L-50B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 125 on 1:55 Fly 25R-25L-75B
 {6 x 25 on :30 Fly lupldown+1
 {1 x 150 on 2:10 Fly 25R-25L-100B
 750 30 x 25 on :30 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,600 Yards - Stress Value = 139

Workout #23025 - Wednesday, 09 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,100 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {4 x 75 on 1:35 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {3 x 100 on 2:05 Fly Kick w/board
 {2 x 25 on :30 Kick no board BS
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{4 x 75 on 1:20 Fly 25R-25L-25B
 {4 x 25 on :35 Fly lupldown+1
 {4 x 100 on 1:50 Fly 25R-25L-50B
 {4 x 25 on :35 Fly lupldown+1
 {4 x 125 on 2:15 Fly 25R-25L-75B
 {2 x 25 on :35 Fly lupldown+1
 625 25 x 25 on :35 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 119

Workout #23026 - Wednesday, 09 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:10 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:45 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{4 x 75 on 1:40 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lup1down+1
	{4 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
	{2 x 25 on :40 Fly lup1down+1
550	22 x 25 on :40 USRPT-100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 104

Workout #23027 - Wednesday, 09 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:20 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 2:00 Fly Kick w/board
	{6 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:40 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,025	1x{4 x 75 on 2:00 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lup1down+1
	{4 x 100 on 2:40 Fly 25R-25L-50B
	{4 x 25 on :40 Fly lup1down+1
	{1 x 125 on 3:15 Fly 25R-25L-75B
550	22 x 25 on :40 USRPT-100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 99

Workout #23028 - Wednesday, 09 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
275	11 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 2:15 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 3:00 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
925	1x{4 x 75 on 2:15 Fly 25R-25L-25B
	{4 x 25 on :45 Fly lup1down+1

	{3 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
500	20 x 25 on :45 USRPT-100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,000 Yards - Stress Value = 90

Workout #23029 - Wednesday, 09 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
275	11 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on 1:00 Kick no board BSLR
	{2 x 50 on 2:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 75 on 3:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 2:00 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{2 x 75 on 3:00 Fly 25R-25L-25B
	{4 x 25 on 1:00 Fly lup1down+1
	{2 x 100 on 4:00 Fly 25R-25L-50B
	{5 x 25 on 1:00 Fly lup1down+1
	{1 x 125 on 5:00 Fly 25R-25L-75B
225	15 x 15 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:40 PM 2,300 Yards - Stress Value = 53

Workout #23030 - Thursday, 10 January 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 10:00 DS/Showers	RE
150	10 x 15 on :45 Racing Skills-Breast Shooters	SF
1,500	30 x 50 on :50 200 Back Pace*	SF
	1 on 5:00 Video Evaluations 2 corrections	RE
750	30 x 25 on :30 100 Fly Pace	SF
	1 on 5:00 Video Evaluations	RE
1,500	30 x 50 on :50 200 Free Pace	SF
	1 on 13:00 RS-Underwater Racing	EM
750	30 x 25 on :30 100 Breast Pace	SF
	1 on 40:00 Tranistion to WR/Weights	RE
	8:15 AM 4,650 Yards - Stress Value = 456	

Workout #23028 - Wednesday, 09 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
275	11 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 50 on 1:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{2 x 75 on 2:15 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 3:00 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
925	1x{4 x 75 on 2:15 Fly 25R-25L-25B
	{4 x 25 on :45 Fly lup1down+1

Workout #23031 - Thursday, 10 January 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
950	10 x 15 on :45 Shooters
1x{	1 x 50 on :55 Breast Kick w/board
	{ 4 x 50 on 1:00 Breast Pull
	{ 2 x 75 on 1:25 Breast Kick w/board
	{ 3 x 50 on 1:00 Breast Pull
	{ 3 x 100 on 1:50 Breast Kick w/board
	{ 2 x 50 on 1:00 Breast Pull
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{ 1 x 200 on 4:00 Breast 2K1P
	{ 3 x 50 on 1:00 Breast descend
	{ 1 x 200 on 4:00 Breast 3-4-5-6 sec glide
	{ 3 x 50 on :55 Breast-descend
	{ 1 x 200 on 4:00 Breast-Kick on back
	{ 3 x 50 on :50 Breast-descend
	{ 1 x 200 on 4:00 Breast-Kick on back
625	25 x 25 on :35 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,875 Yards - Stress Value = 104

Workout #23032 - Thursday, 10 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
	2-14, 4-16, 6-18, 3-20
850	10 x 15 on :45 Shooters
1x{	1 x 50 on 1:05 Breast Kick w/board
	{ 4 x 50 on 1:05 Breast Pull
	{ 2 x 75 on 1:35 Breast Kick w/board
	{ 3 x 50 on 1:05 Breast Pull
	{ 3 x 100 on 2:10 Breast Kick w/board
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{ 1 x 200 on 4:15 Breast 2K1P
	{ 3 x 50 on 1:05 Breast descend
	{ 1 x 200 on 4:15 Breast 3-4-5-6 sec glide
	{ 3 x 50 on 1:00 Breast-descend
	{ 1 x 200 on 4:15 Breast-Kick on back
	{ 3 x 50 on :55 Breast-descend
	{ 1 x 100 on 2:05 Breast-Kick on back
	{ 1 x 50 on 1:00 Breast-FAST
625	25 x 25 on :35 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,675 Yards - Stress Value = 102

Workout #23033 - Thursday, 10 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
800	10 x 15 on :45 Shooters
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
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{ 1 x 200 on 4:40 Breast 2K1P
	{ 3 x 50 on 1:10 Breast descend
	{ 1 x 200 on 4:40 Breast 3-4-5-6 sec glide
	{ 3 x 50 on 1:05 Breast-descend
	{ 1 x 200 on 4:40 Breast-Kick on back
	{ 4 x 50 on 1:00 Breast-descend
550	22 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,400 Yards - Stress Value = 93

Workout #23034 - Thursday, 10 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Shooters
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-Kick on back
	{ 3 x 50 on 1:10 Breast-descend
	{ 1 x 50 on 1:20 Breast-Kick on back
550	22 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 91

Workout #23035 - Thursday, 10 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
650	10 x 15 on :45 Shooters
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-Kick on back
	{ 2 x 50 on 1:20 Breast-descend
500	20 x 25 on :45 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 83

Workout #23036 - Thursday, 10 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Dryland		
300	1 x 300 on 9:00 Free 3KOW to 10 back to 3		
150	10 x 15 on :45 Shooters		
450	1x{1 x 50 on 2:00 Breast Kick w/board		
	{4 x 50 on 2:00 Breast Pull		
	{2 x 75 on 3:00 Breast Kick w/board		
	{1 x 50 on 3:00 Breast Pull		
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		
	{1 x 50 on 1:50 Breast-FAST		
	{1 x 100 on 3:00 Breast-Kick on back		
375	15 x 25 on 1:00 USRPT 100 Breast Pace		
	1 on 10:00 Racing Skills-Relay Starts		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 2,275 Yards - Stress Value = 63		

Workout #23037 - Friday, 11 January 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3	
1,000	40 x 25 on :30 200 Fly Pace*	SP2	
	1 on 5:00 Video Evaluations 2 corrections	REC	
750	30 x 25 on :30 100 Back Pace	SP2	
	1 on 5:00 Video Evaluations	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	
	1 on 15:00 Racing Skills-Fly Kick Relay	EN2	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 40:00 Transition to WR/Weights	REC	
	8:15 AM 4,150 Yards - Stress Value = 406		

Workout #23038 - Friday, 11 January 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 Your #1 non free pace	SP2	
	1 on 20:00 Kickboard Tag	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
	1 on 5:00 Video Evaluations 2 corrections	REC	
	5:29 PM 1,725 Yards - Stress Value = 159		

Workout #23039 - Friday, 11 January 2019

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 DS/Dryland	REC	
500	4 x 125 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{4 x 125 on 1:50 Freestyle	EN2	
	{3 x 50 on :45 Free-descend to 5s obt	EN2	

	{4 x 125 on 1:45 Freestyle	EN2	
	{3 x 50 on :45 Free-descend to 5s obt	EN2	
	{4 x 125 on 1:40 Freestyle	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 2,650 Yards - Stress Value = 42		

Workout #23040 - Friday, 11 January 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 DS/Dryland	REC	
500	4 x 125 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,650	1x{4 x 125 on 2:00 Freestyle	EN2	
	{3 x 50 on :50 Free-descend to 5s obt	EN2	
	{4 x 125 on 1:55 Freestyle	EN2	
	{3 x 50 on :50 Free-descend to 5s obt	EN2	
	{3 x 100 on 1:25 Freestyle	EN2	
	{1 x 50 on :50 Free-FAST	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 2,500 Yards - Stress Value = 39		

Workout #23041 - Friday, 11 January 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
	1 on 40:00 DS/Dryland	REC	
400	4 x 100 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,450	1x{4 x 125 on 2:10 Freestyle	EN2	
	{3 x 50 on :55 Free-descend to 5s obt	EN2	
	{4 x 125 on 2:05 Freestyle	EN2	
	{3 x 50 on :55 Free-descend to 5s obt	EN2	
	{1 x 100 on 1:40 Freestyle	EN2	
	{1 x 50 on :55 Free-FAST	EN2	
200	1 x 200 on 4:00 Stroke Drills	REC	
	6:30 PM 2,200 Yards - Stress Value = 35		

Workout #23042 - Friday, 11 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

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

Workout #23043 - Friday, 11 January 2019

Group 2 - Bronze

1 minute rest between sets

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

Workout #23044 - Friday, 11 January 2019

Group 2 - Copper

1 minute rest between sets

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

Workout #23045 - Saturday, 12 January 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
225	1 on 12:00 DS/Write IM Tech Goals/Showers	RE	
2,250	15 x 15 on :45 Racing Skills-#1 Shooters	SE	
	30 x 75 on 1:05 1000 Free Pace	SE	
1,500	1 on 5:00 Video Evaluations 2 corrections	RE	
	1x{10 x 50 on :55 200 IM Pace	SE	
	{1 on 1:00 Rest	RE	
	{10 x 50 on :55 200 IM Pace	SE	
	{1 on 1:00 Rest	RE	
	{10 x 50 on :55 200 IM Pace	SE	
	1 on 10:00 Video Evaluations	RE	
200	8 x 25 on 3:00 50 Free Pace	SE	
	1 on 5:00 Active Recovery	RE	
750	30 x 25 on :30 Your #1 100 Pace	SE	
9:30 AM 4,925 Yards - Stress Value = 479			

Workout #23046 - Saturday, 12 January 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM Start			
225	1 on 10:00 DS/Showers	REC	
750	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
	30 x 25 on :30 100 Fly Pace*	SP2	
	1 on 10:00 Active Recovery	REC	
750	30 x 25 on :30 100 Back Pace*	SP2	
	1 on 10:00 Active Recovery	REC	
750	30 x 25 on :30 100 Breast Pace*	SP2	
	1 on 10:00 Video Evaluations 2 corrections	REC	
750	30 x 25 on :30 100 Free Pace*	SP2	

1 on 34:00 Indvdl Prsrctps

REC

9:30 AM 3,225 Yards - Stress Value = 309

Workout #23047 - Monday, 14 January 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM Start			
150	1 on 10:00 DS/Showers	F	
750	10 x 15 on :45 Racing Skills-Free Shooters	SE	
	30 x 25 on :30 100 Fly Pace	SE	
	1 on 5:00 Video Evaluations	F	
750	30 x 25 on :30 100 Back Pace	SE	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F	
	{1 on :30 Rest	F	
	{6 x 15 on :20 Undr Wtr Fly Kck	F	
	{1 on :30 Rest	F	
	{4 x 15 on :15 Undr Wtr Fly Kck	F	
	{1 on :30 Rest	F	
	{2 x 15 on :10 Undr Wtr Fly Kck	F	
1,500	30 x 50 on :55 200 Breast Pace*	SE	
	1 on 5:00 Video Evaluations 2 corrections	F	
1,500	30 x 50 on :50 200 Free Pace	SE	
	1 on 40:00 Transistion to WR/Weights	F	
8:15 AM 4,950 Yards - Stress Value = 462			

Workout #23048 - Monday, 14 January 2019

HighSchl - USRPT-Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
4:10 PM Start			
	1 on 10:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-#1 Shooters	SP3	
4,000	40 x 100 on 1:20 1650 Free Pace	SP2	
	Make 1 subtract 1		
160	8 x 20 on 3:00 Timed Underwaters-alt B/S	SP2	
5:48 PM 4,310 Yards - Stress Value = 422			

Workout #23049 - Monday, 14 January 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM Start			
600	1 on 35:00 DS/Dryland		
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP		
950	10 x 15 on :45 Shooters		
	1x{1 x 50 on :55 Breast Kick w/board		
	{4 x 50 on 1:00 Breast Pull		
	{2 x 75 on 1:25 Breast Kick w/board		
	{3 x 50 on 1:00 Breast Pull		
	{3 x 100 on 1:50 Breast Kick w/board		
	{2 x 50 on 1:00 Breast Pull		
100	1x{4 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
1,300	1x{1 x 200 on 3:55 Breast 2K1P		
	{3 x 50 on :55 Breast-descend		
	{1 x 200 on 3:55 Breast-3-4-5-6 sec glide		
	{3 x 50 on :55 Breast-descend		
	{1 x 200 on 3:55 Breast-2k1p		
	{4 x 50 on :55 Breast-descend		
625	1 x 200 on 3:55 Breast 3-4-5-6 glide		
	25 x 25 on :35 USRPT 100 Breast Pace		
	1 on 10:00 Game		
200	1 x 200 on 4:00 Stroke Drills		
7:30 PM 3,925 Yards - Stress Value = 105			

Workout #23050 - Monday, 14 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{1 x 50 on 1:05 Breast Kick w/board
 {4 x 50 on 1:05 Breast Pull
 {2 x 75 on 1:35 Breast Kick w/board
 {3 x 50 on 1:05 Breast Pull
 {3 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 4:10 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 4:10 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:10 Breast-2K1P
 {3 x 50 on :55 Breast-descend
 {1 x 150 on 3:10 Breast-3-4-5-6 sec glide
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,675 Yards - Stress Value = 102

Workout #23051 - Monday, 14 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 50 on 1:10 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {2 x 75 on 1:45 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {3 x 100 on 2:20 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 4:30 Breast 2K1P
 {3 x 50 on 1:10 Breast descend
 {1 x 200 on 4:30 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 200 on 4:30 Breast-2klp
 {4 x 50 on 1:00 Breast-descend
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,400 Yards - Stress Value = 93

Workout #23052 - Monday, 14 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{1 x 50 on 1:15 Breast Kick w/board
 {4 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:55 Breast Kick w/board
 {3 x 50 on 1:15 Breast Pull
 {1 x 100 on 2:30 Breast Kick w/board
 {2 x 50 on 1:15 Breast Pull
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

950 1x{1 x 150 on 4:00 Breast 2K1P
 {3 x 50 on 1:20 Breast descend
 {1 x 150 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:15 Breast-descend
 {1 x 150 on 4:00 Breast-2K1P
 {4 x 50 on 1:10 Breast-descend
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 92

Workout #23053 - Monday, 14 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 650 1x{1 x 50 on 1:25 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 {2 x 75 on 2:05 Breast Kick w/board
 {2 x 50 on 1:25 Breast Pull
 {2 x 100 on 2:50 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 150 on 4:15 Breast 2K1P
 {3 x 50 on 1:30 Breast descend
 {1 x 150 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:25 Breast-descend
 {1 x 150 on 4:15 Breast-2K1P
 {2 x 50 on 1:20 Breast-descend
 500 20 x 25 on :45 USRPT 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,800 Yards - Stress Value = 83

Workout #23054 - Monday, 14 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{1 x 50 on 2:00 Breast Kick w/board
 {2 x 50 on 2:00 Breast Pull
 {2 x 75 on 3:00 Breast Kick w/board
 {1 x 50 on 2:00 Breast Pull
 {1 x 100 on 4:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 100 on 4:00 Breast 2K1P
 {3 x 50 on 2:00 Breast descend
 {1 x 100 on 4:00 Breast 3-4-5-6 sec glide
 {1 x 50 on 1:55 Breast-descend
 {1 x 150 on 4:00 Breast-Kick on back
 {3 x 50 on 1:50 Breast-descend
 375 15 x 25 on 1:00 USRPT 100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,275 Yards - Stress Value = 64

Workout #23055 - Tuesday, 15 January 2019

7:30 PM 3,725 Yards - Stress Value = 110

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	5:30 AM Start	
150	1 on 10:00 DS/Showers	REC
750	10 x 15 on :45 Racing Skills-Back Shooters	SP3
	750 30 x 25 on :30 100 Free Pace	SP2
	1 on 5:00 Video Evaluations	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 13:00 Racing Skills-Timed free turns	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Video Evaluations 2 corrections	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 40:00 Transition to WR/Weights	REC
	8:15 AM 4,650 Yards - Stress Value = 456	

Workout #23056 - Tuesday, 15 January 2019

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 SunYangFree-Count strokes
950	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 50 on :55 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:25 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:55 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	1x{4 x 75 on 1:10 Fly 25R-25L-25B
	{4 x 25 on :30 Fly lupldown+1
	{4 x 100 on 1:30 Fly 25R-25L-50B
	{4 x 25 on :30 Fly lupldown+1
	{4 x 125 on 1:50 Fly 25R-25L-75B
	{6 x 25 on :30 Fly lupldown+1
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-UW racing
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,300 Yards - Stress Value = 131

Workout #23057 - Tuesday, 15 January 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 SunYangFree-Count strokes
850	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 50 on 1:05 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{4 x 75 on 1:35 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:10 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{4 x 75 on 1:20 Fly 25R-25L-25B
	{4 x 25 on :35 Fly lupldown+1
	{4 x 100 on 1:50 Fly 25R-25L-50B
	{4 x 25 on :35 Fly lupldown+1
	{2 x 125 on 2:15 Fly 25R-25L-75B
	{4 x 25 on :35 Fly lupldown+1
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-UW racing
200	1 x 200 on 4:00 Stroke Drills

Workout #23058 - Tuesday, 15 January 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 SunYangFree-Count strokes
750	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:10 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 1:45 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{4 x 75 on 1:40 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{3 x 100 on 2:15 Fly 25R-25L-50B
	{4 x 25 on :40 Fly lupldown+1
	{2 x 125 on 2:45 Fly 25R-25L-75B
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-UW racing
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 97

Workout #23059 - Tuesday, 15 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 SunYangFree-Count strokes
700	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 50 on 1:20 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{4 x 75 on 2:00 Fly Kick w/board
	{2 x 25 on :40 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
925	1x{4 x 75 on 2:00 Fly 25R-25L-25B
	{4 x 25 on :40 Fly lupldown+1
	{2 x 100 on 2:40 Fly 25R-25L-50B
	{4 x 25 on :40 Fly lupldown+1
	{1 x 125 on 3:15 Fly 25R-25L-75B
	{4 x 25 on :40 Fly lupldown+1
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-UW racing
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,075 Yards - Stress Value = 93

Workout #23060 - Tuesday, 15 January 2019

1 minute rest between sets

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 2:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{4 x 75 on 2:15 Fly 25R-25L-25B
 {4 x 25 on :45 Fly lupldown+1
 {3 x 100 on 3:00 Fly 25R-25L-50B
 {6 x 25 on :45 Fly lupldown+1
 500 20 x 25 on :45 Racing Skills-6 sec work
 1 on 10:00 Racing Skills-UW racing
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,800 Yards - Stress Value = 85

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 1,200 1x{2 x 125 on 2:30 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:25 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:20 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 1:55 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 1:50 Kick w/ snorkel L.25 swim fr
 {1 x 50 on :45 Kick w/ snorkel L.25 swim free
 100 1 x 100 on 3:00 Kick w/ snorkel for time
 2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 3,450 Yards - Stress Value = 232

Workout #23064 - Wednesday, 16 January 2019

HighSchl - Silver

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 1,050 1x{2 x 125 on 2:45 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:40 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:35 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:10 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:05 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:00 Kick w/ snorkel L.25 swim fr
 100 1 x 100 on 3:00 Kick w/ snorkel for time
 2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 3,300 Yards - Stress Value = 229

Workout #23061 - Tuesday, 15 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on 1:00 Kick no board BSLR
 {2 x 50 on 2:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {2 x 75 on 3:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 1x{2 x 75 on 3:00 Fly 25R-25L-25B
 {4 x 25 on 1:00 Fly lupldown+1
 {2 x 100 on 4:00 Fly 25R-25L-50B
 {2 x 25 on 1:00 Fly lupldown+1
 {1 x 125 on 5:00 Fly 25R-25L-75B
 225 15 x 15 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-UW racing
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,100 Yards - Stress Value = 49

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 950 1x{2 x 125 on 3:00 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:55 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:50 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:25 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:20 Kick w/ snorkel L.25 swim fr
 100 1 x 100 on 3:00 Kick w/ snorkel for time
 2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 3,200 Yards - Stress Value = 227

Workout #23065 - Wednesday, 16 January 2019

HighSchl - Silver/Bronze

1 minute rest between sets

Workout #23062 - Wednesday, 16 January 2019

HighSchl - Kick set day

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 1,350 1x{2 x 125 on 2:15 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:10 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 2:05 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 1:45 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 1:40 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 1:35 Kick w/ snorkel L.25 swim fr
 100 1 x 100 on 3:00 Kick w/ snorkel for time
 2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 3,600 Yards - Stress Value = 235

Workout #23063 - Wednesday, 16 January 2019

HighSchl - Gold

Workout #23066 - Wednesday, 16 January 2019

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 850 1x{2 x 125 on 3:20 Kick w/ snorkel L.25 swim fr
 {2 x 125 on 3:15 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 2:40 Kick w/ snorkel L.25 swim fr
 {1 x 100 on 2:35 Kick w/ snorkel L.25 swim fr
 {1 x 50 on 1:15 Kick w/ snorkel L.25 swim fre
 100 1 x 100 on 3:00 Kick w/ snorkel for time
 2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 3,100 Yards - Stress Value = 225

Workout #23067 - Wednesday, 16 January 2019

HighSchl - Copper

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-IM Shooters
 650 1x{2 x 100 on 3:20 Kick w/ snorkel L.25 swim fr
 {2 x 100 on 3:15 Kick w/ snorkel L.25 swim fr
 {2 x 75 on 2:40 Kick w/ snorkel L.25 swim fre
 {1 x 75 on 2:35 Kick w/ snorkel L.25 swim fre
 {1 x 25 on 1:15 Kick w/ snorkel L.25 swim fre
 100 1 x 100 on 3:00 Kick w/ snorkel for time
 2,000 40 x 50 on :50 Your #1 200 Pace
 Make 1 subtract 1
 5:30 PM 2,900 Yards - Stress Value = 221

Workout #23068 - Wednesday, 16 January 2019

Group 2 - Back

1 minute rest between sets

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

Workout #23069 - Wednesday, 16 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description

=====

1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,150 1x{6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:15 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:15 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 3:10 Streamline Kick on back
 {6 x 25 on :30 Kick no board B w/fins
 {1 x 100 on 2:05 Streamline Kick on back
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 2x{1 x 150 on 2:30 Backstroke
 {2 x 125 on 2:05 Backstroke
 {2 x 100 on 1:40 Backstroke
 {2 x 75 on 1:15 Backstroke
 {1 x 50 on 1:30 EZ Free
 625 25 x 25 on :35 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 121

Workout #23070 - Wednesday, 16 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,000 1x{6 x 25 on :35 Kick no board B w/fins
 {1 x 150 on 3:35 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 150 on 3:30 Streamline Kick on back
 {6 x 25 on :35 Kick no board B w/fins
 {1 x 150 on 3:30 Streamline Kick on back
 {4 x 25 on :35 Kick no board B w/fins
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 2x{1 x 150 on 3:05 Backstroke
 {2 x 125 on 2:30 Backstroke
 {2 x 100 on 1:55 Backstroke
 {1 x 50 on :55 Backstroke
 {1 x 50 on 1:10 EZ Free
 550 22 x 25 on :40 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 107

Workout #23071 - Wednesday, 16 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:40 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:35 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:30 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 50 on 1:20 Streamline Kick on back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	2x{1 x 150 on 3:30 Backstroke
	{1 x 125 on 2:50 Backstroke
	{2 x 100 on 2:15 Backstroke
	{1 x 75 on 1:40 Backstroke
	{1 x 50 on 1:30 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 102

Workout #23072 - Wednesday, 16 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:00 Streamline Kick on back
	{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 2:55 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 2:50 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	2x{1 x 150 on 4:10 Backstroke
	{2 x 100 on 2:45 Backstroke
	{2 x 50 on 1:20 Backstroke
	{1 x 50 on 1:40 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 95

Workout #23073 - Wednesday, 16 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
700	1x{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:45 Streamline Kick on back
	{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:40 Streamline Kick on back
	{6 x 25 on :45 Kick no board B w/fins
	{1 x 50 on 3:00 Streamline Kick on back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	2x{1 x 150 on 4:30 Backstroke

	{2 x 100 on 2:55 Backstroke
	{1 x 50 on 1:25 Backstroke
	{1 x 50 on 2:15 EZ Free
500	20 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 86

Workout #23074 - Thursday, 17 January 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 10:00 DS/Showers	RE
150	10 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 5:00 Video Evaluations	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 11:00 Racing Skills-UW Racing	EN
1,500	30 x 50 on :50 200 Free Pace*	SE
	1 on 5:00 Video Evaluations 2 corrections	RE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 40:00 Transition to WR/Weights	RE
	8:15 AM 4,650 Yards - Stress Value = 456	

Workout #23075 - Thursday, 17 January 2019

HighSchl - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS/Showers
150	10 x 15 on :45 Racing Skills-#2 Shooters
2,250	15 x 150 on 2:00 FR-Dscnd in 3's, dscnd each s
160	8 x 20 on 3:00 Timed Underwaters B/S
	1 on 15:00 Racing Skills-Tivo Starts
	6:44 PM 2,560 Yards - Stress Value = 67

Workout #23076 - Thursday, 17 January 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day-FREE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Free Pace
850	1x{1 x 250 on 4:35 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 200 on 3:40 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 150 on 2:45 Free Kick w/board
	{2 x 25 on :45 Tombstone Kicking
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 98

Workout #23077 - Thursday, 17 January 2019

1 minute rest between sets

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1 on 26:00 Teach Day-FREE
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT 100 Free Pace
 825 1x{1 x 250 on 4:55 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 200 on 3:55 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 25 on :45 Tombstone Kicking
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,575 Yards - Stress Value = 97

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1 on 26:00 Teach Day-FREE
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Free Pace
 600 1x{1 x 200 on 5:20 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 150 on 4:00 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 50 on 1:20 Free Kick w/board
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,000 Yards - Stress Value = 73

Workout #23081 - Thursday, 17 January 2019

Group 2 - Copper

1 minute rest between sets

Workout #23078 - Thursday, 17 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1 on 26:00 Teach Day-FREE
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT 100 Free Pace
 775 1x{1 x 200 on 4:20 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 3:15 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {2 x 100 on 2:10 Free Kick w/board
 {1 x 25 on :45 Tombstone Kicking
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 83

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1 on 26:00 Teach Day-FREE
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT 100 Free Pace
 550 1x{1 x 200 on 6:00 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 150 on 4:30 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,900 Yards - Stress Value = 72

Workout #23082 - Friday, 18 January 2019

HighSchl - USRPT

1 minute rest between sets

Workout #23079 - Thursday, 17 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1 on 26:00 Teach Day-FREE
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Free Pace
 700 1x{1 x 200 on 5:00 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 3:45 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 2:30 Free Kick w/board
 {2 x 25 on :45 Tombstone Kicking
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,225 Yards - Stress Value = 82

5:30 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS/Showers REC
 150 10 x 15 on :45 Racing Skills-Fly Shooters SP3
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 5:00 Video Evaluations REC
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 15:00 Racing Skills-Sculling Drill Rel EN1
 1,000 40 x 25 on :30 200 Fly Pace* SP2
 1 on 5:00 Video Evaluations-2 corrections REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 40:00 Transition to WR/Weights REC
 8:12 PM 4,150 Yards - Stress Value = 406

Workout #23080 - Thursday, 17 January 2019

Group 2 - Bronze

Workout #23083 - Friday, 18 January 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
4:10 PM	Start		
1	on 35:00 Yoga/Shower	REC	
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3	
750	30 x 25 on :30 Your #1 non free pace	SP2	
1	on 5:00 Video Evaluations	REC	
750	30 x 25 on :30 100 Free Pace	SP2	
5:30 PM 1,650 Yards - Stress Value = 156			

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :30 Kick no board B
	{4 x 50 on :55 Kick 1fly 1brst 2 free
	{4 x 25 on :30 Kick no board S
	{4 x 50 on :55 Kick 1fly 2brst 1 free
	{8 x 25 on :30 Kick no board L/R
	{4 x 50 on :55 Kick 2 fly 1brst 1 free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	1x{1 x 200 on 3:10 Individual Medley
	{8 x 25 on :25 Fly
	{1 x 100 on 1:30 Reverse IM
	{1 x 200 on 3:05 Individual Medley
	{8 x 25 on :25 Backstroke
	{1 x 100 on 1:30 Reverse IM
	{1 x 200 on 3:00 Individual Medley
	{8 x 25 on :25 Breaststroke
	{1 x 100 on 1:30 Reverse IM
750	{2 x 25 on :25 Freestyle
	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 4,350 Yards - Stress Value = 132	

Workout #23084 - Saturday, 19 January 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
1	on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 100 Fly Pace*	SP2	
1	on 10:00 Active Recovery	REC	
750	30 x 25 on :30 100 Back Pace*	SP2	
1	on 10:00 Active Recovery	REC	
750	30 x 25 on :30 100 Breast Pace*	SP2	
1	on 10:00 Video Evaluations 2 corrections	REC	
750	30 x 25 on :30 100 Free Pace*	SP2	
1	on 34:00 Indvdl Prsrptns	REC	
9:30 AM 3,225 Yards - Stress Value = 309			

Workout #23088 - Monday, 21 January 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :35 Kick no board B
	{3 x 50 on 1:00 Kick 1fly 1brst 1 free
	{4 x 25 on :35 Kick no board S
	{3 x 50 on 1:00 Kick 1fly 1brst 1 free
	{6 x 25 on :35 Kick no board 3L3R
	{4 x 50 on 1:00 Kick 1fly 1brst 2free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 200 on 3:20 Individual Medley
	{6 x 25 on :30 Fly
	{1 x 100 on 1:40 Reverse IM
	{1 x 200 on 3:15 Individual Medley
	{6 x 25 on :30 Backstroke
	{1 x 100 on 1:40 Reverse IM
	{1 x 200 on 3:10 Individual Medley
	{6 x 25 on :30 Breaststroke
	{1 x 100 on 1:40 Reverse IM
	{2 x 25 on :30 Freestyle
750	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 4,000 Yards - Stress Value = 126	

Workout #23085 - Monday, 21 January 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
1	on 10:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3	
750	30 x 25 on :30 100 Back Pace	SP2	
1	on 5:00 Video Evaluations	REC	
750	30 x 25 on :30 100 Breast Pace	SP2	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F	
	{1 on :30 Rest	F	
	{6 x 15 on :20 Undr Wtr Fly Kck	F	
	{1 on :30 Rest	F	
	{4 x 15 on :15 Undr Wtr Fly Kck	F	
	{1 on :30 Rest	F	
	{2 x 15 on :10 Undr Wtr Fly Kck	F	
1,500	30 x 50 on :50 200 Free Pace*	F	
1,500	30 x 50 on :50 200 Fly Pace	F	
1	on 5:00 Video Evaluations-2 corrections	F	
1	on 40:00 Transition to WR/Weights	F	
9:42 AM 4,950 Yards - Stress Value = 462			

Workout #23086 - Monday, 21 January 2019

HighSchl - USRPT-Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
1	on 10:00 DS/Showers	REC	
150	10 x 15 on :45 Racing Skills-#1 Shooters	SP3	
3,000	40 x 75 on 1:05 500 Free Pace	SP2	
	Make 1 subtract 1		
160	8 x 20 on 3:00 Timed Underwaters-alt B/S	SP2	
4:28 PM 3,310 Yards - Stress Value = 322			

Workout #23087 - Monday, 21 January 2019

Workout #23089 - Monday, 21 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board B {3 x 50 on 1:10 Kick 1fly 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 200 on 3:50 Individual Medley {6 x 25 on :35 Fly {1 x 100 on 1:50 Reverse IM {1 x 200 on 3:45 Individual Medley {6 x 25 on :35 Backstroke {1 x 100 on 1:50 Reverse IM {1 x 200 on 3:40 Individual Medley {4 x 25 on :35 Breaststroke
625	25 x 25 on :35 USRPT 100 Fly Pace 1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 107

Workout #23090 - Monday, 21 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board B {3 x 50 on 1:15 Kick 1fly 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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{1 x 200 on 4:10 Individual Medley {8 x 25 on :35 4 Fly 4 back {1 x 100 on 2:00 Reverse IM {1 x 200 on 4:05 Individual Medley {6 x 25 on :35 3 Breast 3 Free {1 x 100 on 2:00 Reverse IM {1 x 200 on 4:00 Individual Medley
550	22 x 25 on :40 USRPT 100 Fly Pace 1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,350 Yards - Stress Value = 99

Workout #23091 - Monday, 21 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:30 Kick 1fly lbrst 1 free {4 x 25 on :45 Kick no board S {3 x 50 on 1:30 Kick 1fly lbrst 1 free

	{4 x 25 on :45 Kick no board 2L2R
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{1 x 200 on 5:00 Individual Medley {6 x 25 on :45 3 Fly 3 Back {1 x 100 on 2:30 Reverse IM {1 x 200 on 5:00 Individual Medley {8 x 25 on :45 4 Breast 4 Free {1 x 100 on 2:30 Reverse IM
500	20 x 25 on :45 USRPT 100 Fly Pace 1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 87

Workout #23092 - Monday, 21 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
475	1x{4 x 25 on 1:00 Kick no board B {2 x 50 on 2:00 Kick 1fly lbrst {4 x 25 on 1:00 Kick no board S {2 x 50 on 2:00 Kick 1 brst 1 free {3 x 25 on 1:00 Kick no boardb1L1R1C
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{1 x 200 on 6:00 Individual Medley {6 x 25 on :45 3 Fly 3 Back {1 x 100 on 3:00 Reverse IM {1 x 200 on 6:00 Individual Medley {8 x 25 on :45 4 Breast 4 Free
1,500	15 x 100 on 1:00 USRPT 100 Fly Pace 1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,625 Yards - Stress Value = 183

Workout #23093 - Tuesday, 22 January 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Video Evaluations	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Timed open turns	SP3
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 5:00 Video Evaluations 2 corrections	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 40:00 Transition to WR/Weights	REC
	8:15 AM 4,650 Yards - Stress Value = 456	

Workout #23091 - Monday, 21 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:30 Kick 1fly lbrst 1 free {4 x 25 on :45 Kick no board S {3 x 50 on 1:30 Kick 1fly lbrst 1 free

Workout #23094 - Tuesday, 22 January 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 950 1x{1 x 50 on :55 Breast Kick w/board
 {4 x 50 on 1:00 Breast Pull
 {2 x 75 on 1:25 Breast Kick w/board
 {3 x 50 on 1:00 Breast Pull
 {3 x 100 on 1:50 Breast Kick w/board
 {2 x 50 on :55 Breast Pull
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 200 on 3:50 Breast 2K1P
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 3:55 Breast-3-4-5-6 sec glide
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 3:50 Breast-2k1p
 {4 x 50 on :55 Breast-descend
 {1 x 200 on 3:55 Breast 3-4-5-6 glide
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,925 Yards - Stress Value = 105

Workout #23095 - Tuesday, 22 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 900 1x{1 x 50 on 1:00 Breast Kick w/board
 {4 x 50 on 1:05 Breast Pull
 {2 x 75 on 1:30 Breast Kick w/board
 {4 x 50 on 1:05 Breast Pull
 {3 x 100 on 2:05 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 4:00 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 4:10 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:00 Breast-2K1P
 {3 x 50 on :55 Breast-descend
 {1 x 150 on 3:10 Breast-3-4-5-6 sec glide
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,725 Yards - Stress Value = 103

Workout #23096 - Tuesday, 22 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 800 1x{1 x 50 on 1:10 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {2 x 75 on 1:45 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {3 x 100 on 2:20 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

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

Workout #23097 - Tuesday, 22 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 750 1x{1 x 50 on 1:15 Breast Kick w/board
 {4 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:55 Breast Kick w/board
 {3 x 50 on 1:15 Breast Pull
 {1 x 100 on 2:30 Breast Kick w/board
 {2 x 50 on 1:15 Breast Pull
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 150 on 4:00 Breast 2K1P
 {3 x 50 on 1:20 Breast descend
 {1 x 150 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:15 Breast-descend
 {1 x 150 on 4:00 Breast-2K1P
 {4 x 50 on 1:10 Breast-descend
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,100 Yards - Stress Value = 92

Workout #23098 - Tuesday, 22 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 650 1x{1 x 50 on 1:25 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 {2 x 75 on 2:05 Breast Kick w/board
 {2 x 50 on 1:25 Breast Pull
 {2 x 100 on 2:50 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 150 on 4:15 Breast 2K1P
 {3 x 50 on 1:30 Breast descend
 {1 x 150 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:25 Breast-descend
 {1 x 150 on 4:15 Breast-2K1P
 {2 x 50 on 1:20 Breast-descend
 500 20 x 25 on :45 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,800 Yards - Stress Value = 83

Workout #23099 - Tuesday, 22 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
300	1 on 35:00 DS/Dryland	
150	1 x 300 on 9:00 SunYangFree-Count strokes	
450	10 x 15 on :45 Shooters	
1x{	1 x 50 on 2:00 Breast Kick w/board	
	{ 2 x 50 on 2:00 Breast Pull	
	{ 2 x 75 on 3:00 Breast Kick w/board	
	{ 1 x 50 on 2:00 Breast Pull	
	{ 1 x 100 on 4:00 Breast Kick w/board	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
700	1x{1 x 100 on 4:00 Breast 2K1P	
	{ 3 x 50 on 2:00 Breast descend	
	{ 1 x 100 on 4:00 Breast 3-4-5-6 sec glide	
	{ 1 x 50 on 1:55 Breast-descend	
	{ 1 x 150 on 4:00 Breast-Kick on back	
	{ 3 x 50 on 1:50 Breast-descend	
375	15 x 25 on 1:00 USRPT 100 Breast Pace	
	1 on 10:00 Racing Skills-Starts	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 2,275 Yards - Stress Value = 64	

Workout #23100 - Wednesday, 23 January 2019

HighSchl - Kick set day

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
	15 x 15 on :45 Racing Skills-IM Shooters	SP3
	L.25 off each 100 swim free w/6bk	
1,300	1x{1 x 400 on 7:00 Kick w/snorkel	EN2
	{ 1 x 300 on 5:15 Kick w/snorkel	EN2
	{ 1 x 200 on 3:30 Kick w/snorkel	EN2
	{ 4 x 100 on 1:45 Kick w/snorkel-descend	EN2
2,000	40 x 50 on :50 Your #1 200 +1-1	SP2
	5:31 PM 3,525 Yards - Stress Value = 235	

Workout #23101 - Wednesday, 23 January 2019

HighSchl - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
	15 x 15 on :45 Racing Skills-IM Shooters	SP3
	L.25 off each 100 swim free w/6bk	
1,100	1x{1 x 400 on 7:40 Kick w/snorkel	EN2
	{ 1 x 300 on 5:45 Kick w/snorkel	EN2
	{ 1 x 200 on 3:50 Kick w/snorkel	EN2
	{ 2 x 100 on 1:55 Kick w/snorkel	EN2
2,000	40 x 50 on :50 #1 200 +1-1	SP2
	5:30 PM 3,325 Yards - Stress Value = 231	

Workout #23102 - Wednesday, 23 January 2019

HighSchl - Silver

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
	15 x 15 on :45 Racing Skills-IM Shooters	SP3
	L.25 off each 100 swim free w/6bk	
1,050	1x{1 x 400 on 8:20 Kick w/snorkel	EN2
	{ 1 x 300 on 6:15 Kick w/snorkel	EN2

{1 x 200 on 4:10 Kick w/snorkel EN2

{1 x 100 on 2:05 Kick w/snorkel EN2

{1 x 50 on 1:05 Kick w/snorkel EN2

2,000 40 x 50 on :50 #1 200 +1-1 SP2

5:30 PM 3,275 Yards - Stress Value = 230

Workout #23103 - Tuesday, 22 January 2019

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
	15 x 15 on :45 Racing Skills-IM Shooters	SP3
	L.25 off each 100 swim free w/6bk	
1,000	1x{1 x 400 on 8:40 Kick w/snorkel	EN2
	{ 1 x 300 on 6:30 Kick w/snorkel	EN2
	{ 1 x 200 on 4:20 Kick w/snorkel	EN2
	{ 1 x 100 on 2:10 Kick w/snorkel	EN2
2,000	40 x 50 on :50 #1 200 +1-1	SP2
	5:30 PM 3,225 Yards - Stress Value = 229	

Workout #23104 - Wednesday, 23 January 2019

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
225	1 on 10:00 DS>Showers	REC
	15 x 15 on :45 Racing Skills-IM Shooters	SP3
	L.25 off each 100 swim free w/6bk	
950	1x{1 x 400 on 9:20 Kick w/snorkel	EN2
	{ 1 x 300 on 7:00 Kick w/snorkel	EN2
	{ 1 x 200 on 4:40 Kick w/snorkel	EN2
	{ 1 x 50 on 1:10 Kick w/snorkel	EN2
2,000	40 x 50 on :50 #1 200 +1-1	SP2
	5:31 PM 3,175 Yards - Stress Value = 228	

Workout #23105 - Wednesday, 23 January 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY
450	1 on 35:00 DS/Dryland	
150	18 x 25 on :30 Wednesday Warm-up	
1,050	1x{1 x 250 on 4:35 Free Kick w/board	
	{ 4 x 25 on :45 Tombstone Kicking	
	{ 1 x 200 on 3:40 Free Kick w/board	
	{ 4 x 25 on :45 Tombstone Kicking	
	{ 1 x 150 on 2:45 Free Kick w/board	
	{ 4 x 25 on :45 Tombstone Kicking	
	{ 1 x 100 on 1:50 Free Kick w/board	
	{ 2 x 25 on :45 Tombstone Kicking	
150	1x{6 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,950	1x{4 x 125 on 1:50 Freestyle	
	{ 3 x 50 on :45 Free-descend to 5s obt	
	{ 4 x 125 on 1:45 Freestyle	
	{ 3 x 50 on :45 Free-descend to 5s obt	
	{ 4 x 125 on 1:40 Freestyle	
	{ 3 x 50 on :45 Free-descend to 5s obt	
750	30 x 25 on :30 USRPT 100 Free Pace	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 4,700 Yards - Stress Value = 141	

Workout #23106 - Wednesday, 23 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,025 1x{1 x 250 on 4:55 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 200 on 3:55 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 2:55 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 1:55 Free Kick w/board
 {1 x 25 on :45 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{4 x 125 on 2:00 Freestyle
 {3 x 50 on :50 Free-descend to 5s obt
 {4 x 125 on 1:55 Freestyle
 {3 x 50 on :50 Free-descend to 5s obt
 {4 x 100 on 1:30 Freestyle
 {1 x 50 on :50 Free-FAST
 750 30 x 25 on :30 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,400 Yards - Stress Value = 136

Workout #23107 - Wednesday, 23 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 4:20 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 3:15 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {2 x 100 on 2:10 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 50 on 1:05 Free Kick w/board
 {2 x 25 on :45 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 1x{4 x 125 on 2:10 Freestyle
 {3 x 50 on :55 Free-descend to 5s obt
 {4 x 125 on 2:05 Freestyle
 {3 x 50 on :55 Free-descend to 5s obt
 {3 x 100 on 1:40 Freestyle
 625 25 x 25 on :35 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,000 Yards - Stress Value = 119

Workout #23108 - Wednesday, 23 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 4:40 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 3:30 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {2 x 100 on 2:20 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking

{1 x 50 on 1:15 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{4 x 100 on 1:55 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 {4 x 100 on 1:55 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 {2 x 100 on 1:50 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 625 25 x 25 on :35 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 115

Workout #23109 - Wednesday, 23 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 5:20 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 150 on 4:00 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 100 on 2:40 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{4 x 100 on 2:15 Freestyle
 {3 x 50 on 1:10 Free-descend to 5s obt
 {3 x 100 on 2:10 Freestyle
 {4 x 50 on 1:10 Free-descend to 5s obt
 {2 x 100 on 2:05 Freestyle
 550 22 x 25 on :40 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,350 Yards - Stress Value = 101

Workout #23110 - Wednesday, 23 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{1 x 200 on 6:00 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 150 on 4:30 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 100 on 3:00 Free Kick w/board
 {2 x 25 on 1:00 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{4 x 100 on 2:45 Freestyle
 {3 x 50 on 1:30 Free-descend to 5s obt
 {4 x 75 on 2:05 Freestyle
 {3 x 50 on 1:30 Free-descend to 5s obt
 550 22 x 25 on :40 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 3,050 Yards - Stress Value = 95

Workout #23111 - Thursday, 24 January 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EG
1	10:00 DS/Showers	RE
150	10 x 15 on :45 Racing Skills-Breast Shooters	SP
750	30 x 25 on :30 100 Breast Pace	SP
1	6:00 Video Evaluations	RE
750	30 x 25 on :30 100 Back Pace	SP
1	15:00 Racing Skills-UW Racing	EN
1,000	40 x 25 on :30 200 Fly Pace*	SP
1	6:00 Video Evaluations 2 corrections	RE
1,500	30 x 50 on :50 200 Free Pace	SP
1	40:00 Transition to WR/Weights	RE
8:14 AM	4,150 Yards - Stress Value = 406	

2,100	1x{6 x 100 on 1:15 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{5 x 100 on 1:15 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{4 x 100 on 1:15 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{3 x 100 on 1:15 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{2 x 100 on 1:15 Freestyle	EN2
	{1 on 1:00 Rest	REC
180	9 x 20 on 3:00 Timed Underwaters	SP2
5:29 PM	2,430 Yards - Stress Value = 66	

Workout #23112 - Thursday, 24 January 2019

HighSchl - Freestylers

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
1	10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooters	SP3
2,100	1x{6 x 100 on 1:05 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{5 x 100 on 1:05 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{4 x 100 on 1:05 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{3 x 100 on 1:05 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{2 x 100 on 1:05 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{1 x 100 on 1:05 Freestyle	EN2
200	10 x 20 on 3:00 Timed Underwaters	SP2
5:28 PM	2,450 Yards - Stress Value = 68	

Yards	Set Description	EGY
1	10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooters	SP3
2,100	1x{6 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{5 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{4 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{3 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{2 x 100 on 1:20 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{1 x 100 on 1:20 Freestyle	EN2
180	9 x 20 on 3:00 Timed Underwaters	SP2
5:30 PM	2,430 Yards - Stress Value = 66	

Workout #23116 - Thursday, 24 January 2019

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
1	10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooters	SP3
2,100	1x{6 x 100 on 1:10 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{5 x 100 on 1:10 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{4 x 100 on 1:10 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{3 x 100 on 1:10 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{2 x 100 on 1:10 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{1 x 100 on 1:10 Freestyle	EN2
200	10 x 20 on 3:00 Timed Underwaters	SP2
5:30 PM	2,450 Yards - Stress Value = 68	

Yards	Set Description	EGY
1	10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-#1 Shooters	SP3
2,100	1x{6 x 100 on 1:30 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{5 x 100 on 1:30 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{4 x 100 on 1:30 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{3 x 100 on 1:30 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{2 x 100 on 1:30 Freestyle	EN2
	{1 on 1:00 Rest	REC
	{1 x 100 on 1:30 Freestyle	EN2
140	7 x 20 on 3:00 Timed Underwaters	SP2
5:28 PM	2,390 Yards - Stress Value = 62	

Workout #23114 - Thursday, 24 January 2019

HighSchl - Silver

1 minute rest between sets

4:10 PM Start

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

Workout #23117 - Thursday, 24 January 2019

HighSchl - Copper

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-#1 Shooters
 2,100 1x{6 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {5 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {2 x 100 on 1:45 Freestyle
 {1 on 1:00 Rest
 {1 x 100 on 1:45 Freestyle
 120 6 x 20 on 3:00 Timed Underwaters
 5:30 PM 2,370 Yards - Stress Value = 60

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:10 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 1:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 1 on 26:00 TEACH DAY-FLY
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Fly Breakouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,250 Yards - Stress Value = 76

Workout #23121 - Thursday, 24 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #23118 - Thursday, 24 January 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:25 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Fly Kick w/board
 1 on 26:00 TEACH DAY-FLY
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Fly Breakouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,750 Yards - Stress Value = 100

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:20 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 2:00 Fly Kick w/board
 {2 x 25 on :40 Kick no board BS
 1 on 26:00 TEACH DAY-FLY
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Fly Breakouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,150 Yards - Stress Value = 75

Workout #23122 - Thursday, 24 January 2019

Group 2 - Bronze

1 minute rest between sets

Workout #23119 - Thursday, 24 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {4 x 75 on 1:35 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Fly Kick w/board
 1 on 26:00 TEACH DAY-FLY
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Fly Breakouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,475 Yards - Stress Value = 85

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 50 on 1:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 2:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 1 on 26:00 TEACH DAY-FLY
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Fly Breakouts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,950 Yards - Stress Value = 68

Workout #23120 - Thursday, 24 January 2019

Group 2 - Silver

1 minute rest between sets

Workout #23123 - Thursday, 24 January 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:15 PM Start				
350	1 on 35:00 DS/Dryland	REC	L	DRY
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3	REC	D	FR
450	10 x 15 on :45 Shooters	SP3	S	BK
	1x{4 x 25 on 1:00 Kick no board BSLR	EN2	S	BK
	{2 x 50 on 2:00 Fly Kick w/board	EN2	S	BK
	{4 x 25 on 1:00 Kick no board BSLR	EN2	S	BK
	{2 x 75 on 3:00 Fly Kick w/board	EN2	S	BK
	1 on 26:00 TEACH DAY-FLY	REC	S	FR
100	1x{4 x 25 on 1:00 Odds face in sculling drills	REC	D	CD
	{ Evens-underwaters, count kicks			
225	15 x 15 on 1:00 USRPT-100 Fly Pace			
	1 on 10:00 Racing Skills-Fly Breakouts			
200	1 x 200 on 4:00 Stroke Drills			
7:29 PM 1,475 Yards - Stress Value = 37				

Workout #23127 - Friday, 25 January 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
500	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 125 on 2:15 SwimUSS	REC	D	FR
1,600	10 x 15 on :45 Shooters	SP3	S	BK
	2x{1 x 150 on 2:30 Backstroke	EN2	S	BK
	{2 x 125 on 2:05 Backstroke	EN2	S	BK
	{2 x 100 on 1:40 Backstroke	EN2	S	BK
	{2 x 75 on 1:15 Backstroke	EN2	S	BK
	{1 x 50 on 1:30 EZ Free	REC	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:31 PM 2,450 Yards - Stress Value = 36				

Workout #23128 - Friday, 25 January 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
400	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 100 on 2:15 SwimUSS	REC	D	FR
1,400	10 x 15 on :45 Shooters	SP3	S	BK
	2x{1 x 150 on 3:05 Backstroke	EN2	S	BK
	{2 x 125 on 2:30 Backstroke	EN2	S	BK
	{2 x 100 on 1:55 Backstroke	EN2	S	BK
	{1 x 50 on :55 Backstroke	EN2	S	BK
	{1 x 50 on 1:10 EZ Free	REC	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:31 PM 2,150 Yards - Stress Value = 32				

Workout #23129 - Friday, 25 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
12:00 PM Start				
150	1 on 10:00 DS/Showers	REC		
750	10 x 15 on :45 Racing Skills-Fly Shooters	SP3	S	BK
	30 x 25 on :30 100 Free Pace	SP2	S	BK
	1 on 5:00 Video Evaluations	REC	S	FR
750	30 x 25 on :30 100 Fly Pace	SP2	S	BK
	1 on 10:00 Racing Skills-Fly Kick Relay	EN2	S	BK
1,500	30 x 50 on :50 200 Back Pace*	SP2	S	BK
	1 on 5:00 Video Evaluations 2 corrections	REC	S	FR
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BK
	1 on 40:00 Transition to WR/Weights	REC	S	FR
2:44 PM 4,650 Yards - Stress Value = 456				

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
400	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 100 on 2:15 SwimUSS	REC	D	FR
1,200	10 x 15 on :45 Shooters	SP3	S	BK
	2x{1 x 150 on 3:30 Backstroke	EN2	S	BK
	{1 x 125 on 2:50 Backstroke	EN2	S	BK
	{2 x 100 on 2:15 Backstroke	EN2	S	BK
	{1 x 75 on 1:40 Backstroke	EN2	S	BK
	{1 x 50 on 1:30 EZ Free	REC	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:31 PM 1,950 Yards - Stress Value = 28				

Workout #23125 - Friday, 25 January 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:10 PM Start				
150	1 on 35:00 Yoga/Shower	REC		
750	10 x 15 on :45 Racing Skills-IM Shooters	SP3	S	BK
	30 x 25 on :30 Your #1 non free pace	SP2	S	BK
	1 on 5:00 Video Evaluations	REC	S	FR
750	30 x 25 on :30 100 Free Pace	SP2	S	BK
5:30 PM 1,650 Yards - Stress Value = 156				

Workout #23130 - Friday, 25 January 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
300	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 125 on 2:15 SwimUSS	REC	D	FR
1,800	10 x 15 on :45 Shooters	SP3	S	BK
	2x{1 x 150 on 2:15 Backstroke	EN2	S	BK
	{2 x 125 on 1:50 Backstroke	EN2	S	BK
	{2 x 100 on 1:25 Backstroke	EN2	S	BK
	{2 x 75 on 1:05 Backstroke	EN2	S	BK
	{1 x 50 on :45 Backstroke	EN2	S	BK
	{1 x 100 on 2:20 EZ Free	REC	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:31 PM 2,650 Yards - Stress Value = 38				

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
300	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 75 on 2:15 SwimUSS	REC	D	FR
1,000	10 x 15 on :45 Shooters	SP3	S	BK
	2x{1 x 150 on 4:10 Backstroke	EN2	S	BK
	{2 x 100 on 2:45 Backstroke	EN2	S	BK
	{2 x 50 on 1:20 Backstroke	EN2	S	BK
	{1 x 50 on 1:40 EZ Free	REC	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:31 PM 1,650 Yards - Stress Value = 24				

Workout #23131 - Friday, 25 January 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
300	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 75 on 2:15 SwimUSS	REC	D	FR
900	10 x 15 on :45 Shooters	SP3	S	BK
	2x{1 x 150 on 4:30 Backstroke	EN2	S	BK
	{2 x 100 on 2:55 Backstroke	EN2	S	BK
	{1 x 50 on 1:25 Backstroke	EN2	S	BK
	{1 x 50 on 2:15 EZ Free	REC	S	FR
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:31 PM	1,550 Yards - Stress Value = 22			

Workout #23132 - Monday, 28 January 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
5:30 AM	Start		
150	1 on 10:00 DS/Showers		F
1,500	10 x 15 on :45 Racing Skills-Free Shooters		F
	30 x 50 on :55 200 Breast Pace*		F
1,500	1 on 5:00 Video Evaluations 2 corrections		F
300	30 x 50 on :50 200 Free Pace		F
	1x{8 x 15 on :25 Undr Wtr Fly Kck		F
	{1 on :30 Rest		F
	{6 x 15 on :20 Undr Wtr Fly Kck		F
	{1 on :30 Rest		F
	{4 x 15 on :15 Undr Wtr Fly Kck		F
	{1 on :30 Rest		F
	{2 x 15 on :10 Undr Wtr Fly Kck		F
750	30 x 25 on :30 100 Fly Pace		F
750	1 on 5:00 Video Evaluations		F
	30 x 25 on :30 100 Back Pace		F
	1 on 40:00 Transition to WR/Weights		F
8:15 AM	4,950 Yards - Stress Value = 462		

Workout #23133 - Monday, 28 January 2019

HighSchl - USRPT-Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
4:10 PM	Start		
150	1 on 10:00 DS/Showers	REC	
4,000	10 x 15 on :45 Racing Skills-#1 Shooters	SP3	
	40 x 100 on 1:20 1650 Free Pace	SP2	
	Make 1 subtract 1		
160	8 x 20 on 3:00 Timed Underwaters-alt B/S	SP2	
5:48 PM	4,310 Yards - Stress Value = 422		

Workout #23134 - Monday, 28 January 2019

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
5:15 PM	Start		
600	1 on 35:00 DS/Dryland		
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP		
850	10 x 15 on :45 Shooters		
	1x{1 x 250 on 4:35 Free Kick w/board		
	{4 x 25 on :45 Tombstone Kicking		
	{1 x 200 on 3:40 Free Kick w/board		
	{4 x 25 on :45 Tombstone Kicking		
	{1 x 150 on 2:40 Free Kick w/board		
	{2 x 25 on :45 Tombstone Kicking		
100	1x{4 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		

1,750	1x{4 x 125 on 1:50 Freestyle		
	{3 x 50 on :45 Free-descend to 5s obt		
	{4 x 125 on 1:45 Freestyle		
	{2 x 50 on :45 Free-descend to 5s obt		
	{4 x 125 on 1:40 Freestyle		
750	30 x 25 on :30 USRPT 100 Free Pace		
	1 on 10:00 Game		
200	1 x 200 on 4:00 Stroke Drills		
7:30 PM	4,400 Yards - Stress Value = 133		

Workout #23135 - Monday, 28 January 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
800	1x{1 x 250 on 4:55 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 200 on 3:55 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 100 on 1:55 Free Kick w/board
	{2 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	1x{4 x 125 on 2:00 Freestyle
	{3 x 50 on :50 Free-descend to 5s obt
	{4 x 125 on 1:55 Freestyle
	{3 x 50 on :50 Free-descend to 5s obt
	{2 x 100 on 1:30 Freestyle
	{1 x 50 on :50 Free-FAST!
750	30 x 25 on :30 USRPT 100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,100 Yards - Stress Value = 128

Workout #23136 - Monday, 28 January 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 4:20 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 150 on 3:15 Free Kick w/board
	{4 x 25 on :45 Tombstone Kicking
	{1 x 150 on 3:10 Free Kick w/board
	{2 x 25 on :45 Tombstone Kicking
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{4 x 125 on 2:10 Freestyle
	{3 x 50 on :55 Free-descend to 5s obt
	{4 x 125 on 2:05 Freestyle
	{3 x 50 on :55 Free-descend to 5s obt
	{1 x 100 on 1:40 Freestyle
625	25 x 25 on :35 USRPT 100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,725 Yards - Stress Value = 111

Workout #23137 - Monday, 28 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 4:40 Free Kick w/board
	{ 4 x 25 on :45 Tombstone Kicking
	{ 1 x 150 on 3:30 Free Kick w/board
	{ 4 x 25 on :45 Tombstone Kicking
	{ 2 x 100 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{4 x 100 on 1:55 Freestyle
	{ 3 x 50 on 1:00 Free-descend to 5s obt
	{ 4 x 100 on 1:55 Freestyle
	{ 3 x 50 on 1:00 Free-descend to 5s obt
	{ 2 x 100 on 1:50 Freestyle
625	25 x 25 on :35 USRPT 100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,575 Yards - Stress Value = 109

Workout #23138 - Monday, 28 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{1 x 200 on 5:20 Free Kick w/board
	{ 4 x 25 on 1:00 Tombstone Kicking
	{ 1 x 150 on 4:00 Free Kick w/board
	{ 4 x 25 on 1:00 Tombstone Kicking
	{ 1 x 50 on 1:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{4 x 100 on 2:15 Freestyle
	{ 3 x 50 on 1:10 Free-descend to 5s obt
	{ 3 x 100 on 2:10 Freestyle
	{ 3 x 50 on 1:10 Free-descend to 5s obt
	{ 1 x 100 on 2:05 Freestyle
550	22 x 25 on :40 USRPT 100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 95

Workout #23139 - Monday, 28 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{1 x 200 on 6:00 Free Kick w/board
	{ 4 x 25 on 1:00 Tombstone Kicking
	{ 1 x 150 on 4:00 Free Kick w/board
	{ 4 x 25 on 1:00 Tombstone Kicking
	{ 1 x 50 on 1:00 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{3 x 100 on 2:45 Freestyle
	{ 3 x 50 on 1:30 Free-descend to 5s obt
	{ 4 x 75 on 2:05 Freestyle
	{ 2 x 50 on 1:30 Free-descend to 5s obt

550	22 x 25 on :40 USRPT 100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 90

Workout #23140 - Tuesday, 29 January 2019

HighSchl - USRPT

1 minute rest between sets

12:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Fly Pace*	SP2
	1 on 5:00 Video Evaluations 2 corrections	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 13:00 Racing Skills-Timed free turns	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 5:00 Video Evaluations	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 40:00 Transition to WR/Weights	REC
	2:45 PM 4,650 Yards - Stress Value = 456	

Workout #23141 - Tuesday, 29 January 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{6 x 25 on :30 Kick no board B w/fins
	{ 1 x 150 on 3:00 Streamline Kick on back
	{ 6 x 25 on :30 Kick no board B w/fins
	{ 1 x 150 on 3:00 Streamline Kick on back
	{ 6 x 25 on :30 Kick no board B w/fins
	{ 1 x 150 on 2:55 Streamline Kick on back
	{ 2 x 25 on :30 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,700	2x{1 x 150 on 2:15 Backstroke
	{ 2 x 125 on 1:50 Backstroke
	{ 2 x 100 on 1:25 Backstroke
	{ 2 x 75 on 1:05 Backstroke
	{ 1 x 100 on 2:05 EZ Free
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 4,300 Yards - Stress Value = 130

Workout #23142 - Tuesday, 29 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:15 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:15 Streamline Kick on back
	{6 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:10 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	2x{1 x 150 on 2:30 Backstroke
	{2 x 125 on 2:05 Backstroke
	{2 x 100 on 1:35 Backstroke
	{2 x 50 on :50 Backstroke
	{1 x 50 on 1:30 EZ Free
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,925 Yards - Stress Value = 114

Workout #23143 - Tuesday, 29 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{6 x 25 on :35 Kick no board B w/fins
	{1 x 150 on 3:35 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 150 on 3:30 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 50 on 1:10 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	2x{1 x 150 on 2:50 Backstroke
	{2 x 125 on 2:20 Backstroke
	{2 x 100 on 1:50 Backstroke
	{1 x 50 on 1:50 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:21 PM 3,425 Yards - Stress Value = 101

Workout #23144 - Tuesday, 29 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
750	1x{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:40 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:35 Streamline Kick on back
	{6 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:30 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	2x{1 x 150 on 3:20 Backstroke
	{1 x 125 on 2:50 Backstroke
	{2 x 100 on 2:15 Backstroke

{1 x 50 on 1:05 Backstroke

{1 x 50 on 1:15 EZ Free

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

1 on 10:00 Racing Skills-Breakouts

200 1 x 200 on 4:00 Stroke Drills

7:31 PM 3,225 Yards - Stress Value = 97

Workout #23145 - Tuesday, 29 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
625	1x{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:00 Streamline Kick on back
	{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 2:55 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
	{1 x 25 on :40 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	2x{1 x 150 on 4:10 Backstroke
	{2 x 100 on 2:45 Backstroke
	{2 x 50 on 1:20 Backstroke
	{1 x 50 on 1:40 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:33 PM 2,925 Yards - Stress Value = 91

Workout #23146 - Tuesday, 29 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
575	1x{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:45 Streamline Kick on back
	{6 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:40 Streamline Kick on back
	{3 x 25 on :45 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	2x{1 x 150 on 4:30 Backstroke
	{2 x 100 on 2:55 Backstroke
	{1 x 50 on 1:25 Backstroke
	{1 x 50 on 2:15 EZ Free
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Breakouts
200	1 x 200 on 4:00 Stroke Drills
	7:33 PM 2,725 Yards - Stress Value = 84

Workout #23147 - Wednesday, 30 January 2019

HighSchl - Kick set day

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS>Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 2,000 1x{4 x 100 on 1:55 Kick w/ snorkel
 {1 x 100 on 1:20 Streamline kick on back w/fi
 {3 x 100 on 1:50 Kick w/ snorkel
 {2 x 100 on 1:20 Streamline kick on back w/fi
 {2 x 100 on 1:45 Kick w/ snorkel
 {3 x 100 on 1:20 Streamline kick on back w/fi
 {1 x 100 on 1:40 Kick w/ snorkel
 {4 x 100 on 1:20 Streamline kick on back w/fi
 2,000 40 x 50 on :50 200 Free +1-1
 5:40 PM 4,225 Yards - Stress Value = 249

{3 x 100 on 1:40 Streamline kick on back w/fi
 {1 x 100 on 2:00 Kick w/ snorkel
 1,800 36 x 50 on :55 200 Free +1-1
 200 1 x 200 on 3:00 Stroke Drills
 5:43 PM 3,825 Yards - Stress Value = 221

Workout #23151 - Wednesday, 30 January 2019

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS>Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,450 1x{4 x 100 on 2:25 Kick w/ snorkel
 {1 x 100 on 1:55 Streamline kick on back w/fi
 {3 x 100 on 2:20 Kick w/ snorkel
 {2 x 100 on 1:55 Streamline kick on back w/fi
 {2 x 100 on 2:15 Kick w/ snorkel
 {2 x 100 on 1:55 Streamline kick on back w/fi
 {1 x 50 on 1:00 Kick w/ snorkel
 1,800 36 x 50 on :55 200 Free Pace +1-1
 5:39 PM 3,475 Yards - Stress Value = 218

Workout #23148 - Wednesday, 30 January 2019

HighSchl - Gold

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS>Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,800 1x{4 x 100 on 2:05 Kick w/ snorkel
 {1 x 100 on 1:30 Streamline kick on back w/fi
 {3 x 100 on 2:00 Kick w/ snorkel
 {2 x 100 on 1:30 Streamline kick on back w/fi
 {2 x 100 on 1:55 Kick w/ snorkel
 {3 x 100 on 1:30 Streamline kick on back w/fi
 {1 x 100 on 1:50 Kick w/ snorkel
 {2 x 100 on 1:30 Streamline kick on back w/fi
 2,000 40 x 50 on :50 200 Free Pace +1-1
 5:40 PM 4,025 Yards - Stress Value = 245

Workout #23152 - Saturday, 26 January 2019

Group 2 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 250 on 4:35 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 200 on 3:40 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 2:45 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 1:50 Free Kick w/board
 {2 x 25 on :45 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,950 1x{4 x 125 on 1:50 Freestyle
 {3 x 50 on :45 Free-descend to 5s obt
 {4 x 125 on 1:45 Freestyle
 {3 x 50 on :45 Free-descend to 5s obt
 {4 x 125 on 1:40 Freestyle
 {3 x 50 on :45 Free-descend to 5s obt
 750 30 x 25 on :30 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 8:45 AM 4,700 Yards - Stress Value = 141

Workout #23149 - Wednesday, 30 January 2019

HighSchl - Silver

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS>Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,700 1x{4 x 100 on 2:10 Kick w/ snorkel
 {1 x 100 on 1:35 Streamline kick on back w/fi
 {3 x 100 on 2:05 Kick w/ snorkel
 {2 x 100 on 1:35 Streamline kick on back w/fi
 {2 x 100 on 2:00 Kick w/ snorkel
 {3 x 100 on 1:35 Streamline kick on back w/fi
 {1 x 100 on 1:55 Kick w/ snorkel
 {1 x 100 on 1:35 Streamline kick on back w/fi
 2,000 40 x 50 on :50 200 Free +1-1
 5:40 PM 3,925 Yards - Stress Value = 243

Workout #23150 - Wednesday, 30 January 2019

HighSchl - Silver/Bronze

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS>Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 1,600 1x{4 x 100 on 2:15 Kick w/ snorkel
 {1 x 100 on 1:40 Streamline kick on back w/fi
 {3 x 100 on 2:10 Kick w/ snorkel
 {2 x 100 on 1:40 Streamline kick on back w/fi
 {2 x 100 on 2:05 Kick w/ snorkel

Workout #23153 - Saturday, 26 January 2019

Group 2 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,025 1x{1 x 250 on 4:55 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 200 on 3:55 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 2:55 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 100 on 1:55 Free Kick w/board
 {1 x 25 on :45 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{4 x 125 on 2:00 Freestyle
 {3 x 50 on :50 Free-descend to 5s obt
 {4 x 125 on 1:55 Freestyle
 {3 x 50 on :50 Free-descend to 5s obt
 {4 x 100 on 1:30 Freestyle
 {1 x 50 on :50 Free-FAST
 750 30 x 25 on :30 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 8:45 AM 4,400 Yards - Stress Value = 136

Workout #23154 - Saturday, 26 January 2019

Group 2 - Silver

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 4:20 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 3:15 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {2 x 100 on 2:10 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 50 on 1:05 Free Kick w/board
 {2 x 25 on :45 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 1x{4 x 125 on 2:10 Freestyle
 {3 x 50 on :55 Free-descend to 5s obt
 {4 x 125 on 2:05 Freestyle
 {3 x 50 on :55 Free-descend to 5s obt
 {3 x 100 on 1:40 Freestyle
 625 25 x 25 on :35 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 8:45 AM 4,000 Yards - Stress Value = 119

Workout #23155 - Saturday, 26 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 4:40 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 3:30 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {2 x 100 on 2:20 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking

{1 x 50 on 1:15 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{4 x 100 on 1:55 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 {4 x 100 on 1:55 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 {2 x 100 on 1:50 Freestyle
 {3 x 50 on 1:00 Free-descend to 5s obt
 625 25 x 25 on :35 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 8:45 AM 3,800 Yards - Stress Value = 115

Workout #23156 - Saturday, 26 January 2019

Group 2 - Bronze

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 5:20 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 150 on 4:00 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 100 on 2:40 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{4 x 100 on 2:15 Freestyle
 {3 x 50 on 1:10 Free-descend to 5s obt
 {3 x 100 on 2:10 Freestyle
 {4 x 50 on 1:10 Free-descend to 5s obt
 {2 x 100 on 2:05 Freestyle
 550 22 x 25 on :40 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 8:45 AM 3,350 Yards - Stress Value = 101

Workout #23157 - Saturday, 26 January 2019

Group 2 - Copper

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{1 x 200 on 6:00 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 150 on 4:30 Free Kick w/board
 {4 x 25 on 1:00 Tombstone Kicking
 {1 x 100 on 3:00 Free Kick w/board
 {2 x 25 on 1:00 Tombstone Kicking
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{4 x 100 on 2:45 Freestyle
 {3 x 50 on 1:30 Free-descend to 5s obt
 {4 x 75 on 2:05 Freestyle
 {3 x 50 on 1:30 Free-descend to 5s obt
 550 22 x 25 on :40 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 8:46 AM 3,050 Yards - Stress Value = 95

Workout #23158 - Thursday, 31 January 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
	2:00 PM Start	
150	1 on 10:00 DS>Showers	RE
1,500	10 x 15 on :45 Racing Skills-Breast Shooters	SP
1,500	30 x 50 on :50 200 Free Pace*	SP
1,500	1 on 5:00 Video Evaluations 2 corrections	RE
1,500	30 x 50 on :55 200 Breast Pace*	SP
750	1 on 5:00 Racing Skills-UW Racing	EN
750	30 x 25 on :30 100 Back Pace*	SP
750	1 on 5:00 Video Evaluations	RE
750	30 x 25 on :30 100 Fly Pace*	SP
	1 on 30:00 Team Meeting	RE
	4:30 PM 4,650 Yards - Stress Value = 456	

Workout #23159 - Thursday, 31 January 2019

HighSchl - Swim Like A Champion Day

1 minute rest between sets

Yards	Set Description	EGY
	4:10 PM Start	
150	1 on 10:00 DS>Showers	REC
1,800	10 x 15 on :45 Racing Skills-#1 Shooters	SP
1,800	3x{1 x 25 on :30 Freestyle	SP
	{1 x 25 on :40 Freestyle	SP
	{1 x 25 on :50 Freestyle	SP
	{1 x 25 on 1:00 Freestyle	SP
	{1 x 150 on 1:45 Freestyle	EN
	{1 x 100 on 1:10 Freestyle	EN
	{1 x 50 on :35 Freestyle	EN
160	{1 x 200 on 4:00 Stroke Drills	REC
160	8 x 20 on 3:00 Timed Underwaters B/S	SP
	5:26 PM 2,110 Yards - Stress Value = 72	

Workout #23160 - Thursday, 31 January 2019

HighSchl - Gold

1 minute rest between sets

Yards	Set Description	EGY
	4:10 PM Start	
150	1 on 10:00 DS>Showers	REC
1,650	10 x 15 on :45 Racing Skills-#1 Shooters	SP
1,650	3x{1 x 25 on :30 Freestyle	SP
	{1 x 25 on :40 Freestyle	SP
	{1 x 25 on :50 Freestyle	SP
	{1 x 25 on 1:00 Freestyle	SP
	{1 x 150 on 2:00 Freestyle	EN
	{1 x 100 on 1:20 Freestyle	EN
	{1 x 50 on :40 Freestyle	EN
160	{1 x 150 on 3:30 Stroke Drills	REC
160	8 x 20 on 3:00 Timed Underwaters B/S	SP
	5:26 PM 1,960 Yards - Stress Value = 72	

Workout #23161 - Thursday, 31 January 2019

HighSchl - Silver

1 minute rest between sets

Yards	Set Description	EGY
	4:10 PM Start	
150	1 on 10:00 DS>Showers	REC
1,500	10 x 15 on :45 Racing Skills-#1 Shooters	SP
1,500	3x{1 x 25 on :30 Freestyle	SP
	{1 x 25 on :40 Freestyle	SP
	{1 x 25 on :50 Freestyle	SP
	{1 x 25 on 1:00 Freestyle	SP
	{1 x 150 on 2:15 Freestyle	EN
	{1 x 100 on 1:30 Freestyle	EN

	{1 x 50 on :45 Freestyle	EN
	{1 x 100 on 3:00 Stroke Drills	REC
160	8 x 20 on 3:00 Timed Underwaters B/S	SP
	5:26 PM 1,810 Yards - Stress Value = 72	

Workout #23162 - Thursday, 31 January 2019

HighSchl - Bronze

1 minute rest between sets

Yards	Set Description	EGY
	4:10 PM Start	
150	1 on 10:00 DS>Showers	REC
1,350	10 x 15 on :45 Racing Skills-#1 Shooters	SP
1,350	3x{1 x 25 on :30 Freestyle	SP
	{1 x 25 on :40 Freestyle	SP
	{1 x 25 on :50 Freestyle	SP
	{1 x 25 on 1:00 Freestyle	SP
	{1 x 150 on 2:35 Freestyle	EN
	{1 x 100 on 1:45 Freestyle	EN
	{1 x 50 on :50 Freestyle	EN
	{1 x 50 on 2:20 Stroke Drills	REC
160	8 x 20 on 3:00 Timed Underwaters B/S	SP
	5:26 PM 1,660 Yards - Stress Value = 72	

Workout #23163 - Wednesday, 30 January 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY
	5:15 PM Start	
450	1 on 35:00 DS/Dryland	REC
150	18 x 25 on :30 Wednesday Warm-up	SP
1,250	10 x 15 on :45 Shooters	SP
1,250	1x{1 x 50 on :55 Breast Kick w/board	SP
	{4 x 50 on 1:00 Breast Pull	SP
	{2 x 75 on 1:25 Breast Kick w/board	SP
	{3 x 50 on 1:00 Breast Pull	SP
	{3 x 100 on 1:50 Breast Kick w/board	SP
	{2 x 50 on :55 Breast Pull	SP
	{2 x 125 on 2:15 Breast Kick w/board	SP
	{1 x 50 on :55 Breast Pull	SP
150	1x{6 x 25 on 1:00 Odds face in sculling drills	SP
	{ Evens-underwaters, count kicks	SP
1,450	1x{1 x 200 on 3:50 Breast 2K1P	SP
	{3 x 50 on :55 Breast-descend	SP
	{1 x 200 on 3:55 Breast-3-4-5-6 sec glide	SP
	{3 x 50 on :55 Breast-descend	SP
	{1 x 200 on 3:50 Breast-2k1p	SP
	{3 x 50 on :55 Breast-descend	SP
	{1 x 200 on 3:55 Breast 3-4-5-6 glide	SP
	{4 x 50 on :55 Breast-descend	SP
625	25 x 25 on :35 USRPT 100 Breast Pace	SP
200	1 x 200 on 4:00 Stroke Drills	REC
	7:30 PM 4,275 Yards - Stress Value = 114	

Workout #23164 - Wednesday, 30 January 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 50 on 1:00 Breast Kick w/board
 {4 x 50 on 1:05 Breast Pull
 {2 x 75 on 1:30 Breast Kick w/board
 {3 x 50 on 1:05 Breast Pull
 {3 x 100 on 2:05 Breast Kick w/board
 {2 x 50 on 1:05 Breast Pull
 {2 x 100 on 2:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,400 1x{1 x 200 on 4:00 Breast 2K1P
 {3 x 50 on 1:00 Breast descend
 {1 x 200 on 4:10 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:00 Breast-2K1P
 {3 x 50 on :55 Breast-descend
 {1 x 200 on 4:10 Breast-3-4-5-6 sec glide
 {3 x 50 on :55 Breast-descend
 625 25 x 25 on :35 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,125 Yards - Stress Value = 111

Workout #23165 - Wednesday, 30 January 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 50 on 1:10 Breast Kick w/board
 {4 x 50 on 1:10 Breast Pull
 {2 x 75 on 1:45 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 {3 x 100 on 2:20 Breast Kick w/board
 {3 x 50 on 1:10 Breast Pull
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 4:30 Breast 2K1P
 {3 x 50 on 1:10 Breast descend
 {1 x 200 on 4:30 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:05 Breast-descend
 {1 x 200 on 4:30 Breast-2klp
 {3 x 50 on 1:00 Breast-descend
 {1 x 200 on 4:30 Breast 3-4-5-6 sec glide
 550 22 x 25 on :40 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,675 Yards - Stress Value = 100

Workout #23166 - Wednesday, 30 January 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 950 1x{1 x 50 on 1:15 Breast Kick w/board
 {4 x 50 on 1:15 Breast Pull
 {2 x 75 on 1:55 Breast Kick w/board
 {3 x 50 on 1:15 Breast Pull
 {3 x 100 on 2:30 Breast Kick w/board

{2 x 50 on 1:15 Breast Pull
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,050 1x{1 x 150 on 4:00 Breast 2K1P
 {3 x 50 on 1:20 Breast descend
 {1 x 150 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:15 Breast-descend
 {1 x 150 on 4:00 Breast-2K1P
 {3 x 50 on 1:10 Breast-descend
 {1 x 150 on 4:00 Breast 3-4-5-6 sec glide
 550 22 x 25 on :40 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,425 Yards - Stress Value = 98

Workout #23167 - Wednesday, 30 January 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 850 1x{1 x 50 on 1:25 Breast Kick w/board
 {3 x 50 on 1:25 Breast Pull
 {2 x 75 on 2:05 Breast Kick w/board
 {2 x 50 on 1:25 Breast Pull
 {3 x 100 on 2:50 Breast Kick w/board
 {2 x 50 on 1:25 Breast Pull
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,000 1x{1 x 150 on 4:15 Breast 2K1P
 {3 x 50 on 1:30 Breast descend
 {1 x 150 on 4:15 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:25 Breast-descend
 {1 x 150 on 4:15 Breast-2K1P
 {3 x 50 on 1:20 Breast-descend
 {1 x 100 on 2:05 Breast 3-4-5-6 sec glide
 500 20 x 25 on :45 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,175 Yards - Stress Value = 90

Workout #23168 - Wednesday, 30 January 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{1 x 50 on 2:00 Breast Kick w/board
 {2 x 50 on 2:00 Breast Pull
 {2 x 75 on 3:00 Breast Kick w/board
 {2 x 50 on 2:00 Breast Pull
 {2 x 100 on 4:00 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 750 1x{1 x 100 on 4:00 Breast 2K1P
 {3 x 50 on 2:00 Breast descend
 {1 x 100 on 4:00 Breast 3-4-5-6 sec glide
 {3 x 50 on 1:55 Breast-descend
 {1 x 150 on 4:00 Breast-2klp
 {2 x 50 on 1:50 Breast-descend
 375 15 x 25 on 1:00 USRPT 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,525 Yards - Stress Value = 68

Workout #23169 - Thursday, 31 January 2019

1 minute rest between sets

Group 2 - IM'ers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1,000 1x{4 x 25 on :30 Kick no board B
 {4 x 50 on :55 Kick 1fly 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
 1 on 26:00 Teach Day-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,800 Yards - Stress Value = 101

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board B
 {3 x 50 on 1:15 Kick 1fly 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1 on 26:00 Teach Day-IM
 550 22 x 25 on :40 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,200 Yards - Stress Value = 76

Workout #23170 - Thursday, 31 January 2019

Workout #23173 - Thursday, 31 January 2019

Group 2 - Bronze

1 minute rest between sets

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :35 Kick no board B
 {3 x 50 on 1:00 Kick 1fly 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
 1 on 26:00 Teach Day-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,600 Yards - Stress Value = 98

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:30 Kick 1fly lbrst 1 free
 {4 x 25 on :45 Kick no board S
 {3 x 50 on 1:30 Kick 1fly lbrst 1 free
 {4 x 25 on :45 Kick no board 2L2R
 1 on 26:00 Teach Day-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,950 Yards - Stress Value = 68

Workout #23171 - Thursday, 31 January 2019

Workout #23174 - Thursday, 31 January 2019

Group 2 - Copper

1 minute rest between sets

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board B
 {3 x 50 on 1:10 Kick 1fly 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
 1 on 26:00 Teach Day-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,325 Yards - Stress Value = 83

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 475 1x{4 x 25 on 1:00 Kick no board B
 {2 x 50 on 2:00 Kick 1fly lbrst
 {4 x 25 on 1:00 Kick no board S
 {2 x 50 on 2:00 Kick 1 brst 1 free
 {3 x 25 on 1:00 Kick no board 1L1R1C
 1 on 26:00 Teach Day-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 15 x 100 on 1:00 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,775 Yards - Stress Value = 166

Workout #23172 - Thursday, 31 January 2019

Group 2 - Silver/Bronze

Workout #23175 - Friday, 01 February 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:15 AM	Start	
1	on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace*	SP2
1	on 6:00 Video Evaluations 2 corrections	REC
1,000	40 x 25 on :30 200 Fly Pace*	SP2
1	on 11:00 Racing Skills-Sculling Drill Rel	EN2
750	30 x 25 on :30 100 Free Pace*	SP2
1	on 6:00 Video Evaluations	REC
750	30 x 25 on :30 100 Breast Pace	SP2
8:15 AM	4,150 Yards - Stress Value = 406	

Workout #23176 - Friday, 01 February 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
4:10 PM	Start		
1	on 35:00 Yoga/Shower	REC	
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 Your #1 non free pace*	SP2	
1	on 5:00 Video Evaluations	REC	
750	30 x 25 on :30 100 Free Pace*	SP2	
5:34 PM	1,725 Yards - Stress Value = 159		

Workout #23177 - Saturday, 02 February 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EG
7:00 AM	Start	
1	on 12:00 DS/Write IM Tech Goals/Showers	RE
225	15 x 15 on :45 Racing Skills-#1 Shooters	SE
2,250	30 x 75 on 1:05 1000 Free Pace	SE
1	on 5:00 Video Evaluations 2 corrections	RE
1,500	1x{10 x 50 on :55 200 IM Pace	SE
	{1 on 1:00 Rest	RE
	{10 x 50 on :55 200 IM Pace	SE
	{1 on 1:00 Rest	RE
	{10 x 50 on :55 200 IM Pace	SE
200	1 on 10:00 Video Evaluations	RE
	8 x 25 on 3:00 50 Free Pace	SE
	1 on 5:00 Active Recovery	RE
750	30 x 25 on :30 Your #1 100 Pace	SE
9:30 AM	4,925 Yards - Stress Value = 479	

Workout #23178 - Saturday, 02 February 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
1	on 35:00 DS/Dryland
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
1,250	1x{1 x 50 on :55 Breast Kick w/board
	{4 x 50 on 1:00 Breast Pull
	{2 x 75 on 1:25 Breast Kick w/board
	{3 x 50 on 1:00 Breast Pull
	{3 x 100 on 1:50 Breast Kick w/board
	{2 x 50 on :55 Breast Pull
	{2 x 125 on 2:15 Breast Kick w/board
	{1 x 50 on :55 Breast Pull
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

1,450	1x{1 x 200 on 3:50 Breast 2K1P
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 3:55 Breast-3-4-5-6 sec glide
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 3:50 Breast-2klp
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 3:55 Breast 3-4-5-6 glide
	{4 x 50 on :55 Breast-descend
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
11:30 AM	4,325 Yards - Stress Value = 114

Workout #23179 - Saturday, 02 February 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
1	on 35:00 DS/Dryland
500	4 x 125 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
1,150	1x{1 x 50 on 1:00 Breast Kick w/board
	{4 x 50 on 1:05 Breast Pull
	{2 x 75 on 1:30 Breast Kick w/board
	{3 x 50 on 1:05 Breast Pull
	{3 x 100 on 2:05 Breast Kick w/board
	{2 x 50 on 1:05 Breast Pull
	{2 x 100 on 2:00 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 200 on 4:00 Breast 2K1P
	{3 x 50 on 1:00 Breast descend
	{1 x 200 on 4:10 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:00 Breast-descend
	{1 x 200 on 4:00 Breast-2K1P
	{3 x 50 on :55 Breast-descend
	{1 x 200 on 4:10 Breast-3-4-5-6 sec glide
	{3 x 50 on :55 Breast-descend
625	25 x 25 on :35 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
11:30 AM	4,175 Yards - Stress Value = 111

Workout #23180 - Saturday, 02 February 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
1	on 35:00 DS/Dryland
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
1,000	1x{1 x 50 on 1:10 Breast Kick w/board
	{4 x 50 on 1:10 Breast Pull
	{2 x 75 on 1:45 Breast Kick w/board
	{3 x 50 on 1:10 Breast Pull
	{3 x 100 on 2:20 Breast Kick w/board
	{3 x 50 on 1:10 Breast Pull
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{1 x 200 on 4:30 Breast 2K1P
	{3 x 50 on 1:10 Breast descend
	{1 x 200 on 4:30 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:05 Breast-descend
	{1 x 200 on 4:30 Breast-2klp
	{3 x 50 on 1:00 Breast-descend
	{1 x 200 on 4:30 Breast 3-4-5-6 sec glide
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
11:30 AM	3,700 Yards - Stress Value = 100

Workout #23181 - Saturday, 02 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	4 x 100 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
950	1x{1 x 50 on 1:15 Breast Kick w/board
	{4 x 50 on 1:15 Breast Pull
	{2 x 75 on 1:55 Breast Kick w/board
	{3 x 50 on 1:15 Breast Pull
	{3 x 100 on 2:30 Breast Kick w/board
	{2 x 50 on 1:15 Breast Pull
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{1 x 150 on 4:00 Breast 2K1P
	{3 x 50 on 1:20 Breast descend
	{1 x 150 on 4:00 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:15 Breast-descend
	{1 x 150 on 4:00 Breast-2K1P
	{3 x 50 on 1:10 Breast-descend
	{1 x 150 on 4:00 Breast 3-4-5-6 sec glide
550	22 x 25 on :40 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,450 Yards - Stress Value = 98

Workout #23182 - Saturday, 02 February 2019

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
850	1x{1 x 50 on 1:25 Breast Kick w/board
	{3 x 50 on 1:25 Breast Pull
	{2 x 75 on 2:05 Breast Kick w/board
	{2 x 50 on 1:25 Breast Pull
	{3 x 100 on 2:50 Breast Kick w/board
	{2 x 50 on 1:25 Breast Pull
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 150 on 4:15 Breast 2K1P
	{3 x 50 on 1:30 Breast descend
	{1 x 150 on 4:15 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:25 Breast-descend
	{1 x 150 on 4:15 Breast-2K1P
	{3 x 50 on 1:20 Breast-descend
	{1 x 100 on 2:05 Breast 3-4-5-6 sec glide
500	20 x 25 on :45 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,150 Yards - Stress Value = 90

Workout #23183 - Saturday, 02 February 2019

Group 2 - Copper

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	4 x 75 on 2:15 SwimUSS
150	10 x 15 on :45 Shooters
600	1x{1 x 50 on 2:00 Breast Kick w/board
	{2 x 50 on 2:00 Breast Pull
	{2 x 75 on 3:00 Breast Kick w/board
	{2 x 50 on 2:00 Breast Pull
	{2 x 100 on 4:00 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

750	1x{1 x 100 on 4:00 Breast 2K1P
	{3 x 50 on 2:00 Breast descend
	{1 x 100 on 4:00 Breast 3-4-5-6 sec glide
	{3 x 50 on 1:55 Breast-descend
	{1 x 150 on 4:00 Breast-2k1p
	{2 x 50 on 1:50 Breast-descend
375	15 x 25 on 1:00 USRPT 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 2,525 Yards - Stress Value = 68

Workout #23184 - Monday, 04 February 2019

HighSchl - USRPT

1 minute rest between sets

6:15 AM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS>Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
1,500	30 x 50 on :50 200 Free Pace*
	1 on 5:00 Video Evaluations 2 positives
1,500	30 x 50 on :50 200 Fly Pace*
300	1x{8 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest
	{6 x 15 on :20 Undr Wtr Fly Kck
	{1 on :30 Rest
	{4 x 15 on :15 Undr Wtr Fly Kck
	{1 on :30 Rest
	{2 x 15 on :10 Undr Wtr Fly Kck
750	30 x 25 on :30 100 Back Pace*
	1 on 5:00 Video Evaluations
750	30 x 25 on :30 100 Breast Pace*
	8:21 AM 5,025 Yards - Stress Value = 465

Workout #23185 - Monday, 04 February 2019

HighSchl - USRPT-Distance

1 minute rest between sets

4:10 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS>Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
3,000	30 x 100 on 1:20 1650 Free Pace*
160	8 x 20 on 3:00 Timed Underwaters-alt B/S
	5:38 PM 3,385 Yards - Stress Value = 325

Workout #23186 - Monday, 04 February 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:45 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board-6sec
 {2 x 150 on 2:45 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board-5sec
 {1 x 150 on 2:45 Free Kick w/board
 {1 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 400 on 5:40 Pull-BTB
 {3 x 100 on 1:30 Free NBBF&W
 {1 x 300 on 4:15 Pulls BTS
 {3 x 100 on 1:25 Free NBBF&W
 {1 x 200 on 2:50 Pulls-no br L.12 yds
 {2 x 100 on 1:20 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,450 Yards - Stress Value = 134

Workout #23187 - Monday, 04 February 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-6sec
 {2 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-5sec
 {1 x 150 on 2:55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,650 1x{1 x 400 on 6:00 Pull-BTB
 {2 x 100 on 1:35 Free NBBF&W
 {2 x 300 on 4:30 Pulls BTS
 {2 x 100 on 1:30 Free NBBF&W
 {1 x 200 on 3:00 Pulls-no br L.12 yds
 {1 x 50 on :50 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 132

Workout #23188 - Monday, 04 February 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-6sec
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-5sec
 {1 x 150 on 3:20 Free Kick w/board

{1 x 50 on 1:00 Free Kick 2/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 400 on 7:00 Pull-BTB
 {2 x 100 on 1:50 Free NBBF&W
 {1 x 300 on 5:15 Pulls BTS
 {2 x 100 on 1:45 Free NBBF&W
 {1 x 200 on 3:30 Pulls-no br L.12 yds
 {1 x 100 on 1:40 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 112

Workout #23189 - Monday, 04 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-6sec
 {1 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-5sec
 {1 x 100 on 2:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 400 on 7:40 Pull-BTB
 {2 x 100 on 2:00 Free NBBF&W
 {1 x 250 on 4:45 Pulls BTS
 {2 x 100 on 1:55 Free NBBF&W
 {1 x 200 on 3:50 Pulls-no br L.12 yds
 {1 x 50 on :55 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 108

Workout #23190 - Monday, 04 February 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:00 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-6sec
 {1 x 150 on 4:00 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-5sec
 {1 x 50 on 1:20 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 300 on 6:30 Pull-BTB
 {2 x 100 on 2:10 Free NBBF&W
 {1 x 250 on 5:25 Pulls BTS
 {2 x 100 on 2:10 Free NBBF&W
 {1 x 200 on 4:20 Pulls-no br L.12 yds
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,200 Yards - Stress Value = 97

Workout #23191 - Monday, 04 February 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 3:15 Free Kick w/board for time
	{1 x 150 on 4:30 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board-6sec
	{1 x 150 on 4:30 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board-5sec
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 200 on 5:30 Pull-BTB
	{2 x 100 on 2:45 Free NBBF&W
	{1 x 200 on 5:30 Pulls BTS
	{2 x 100 on 2:45 Free NBBF&W
	{1 x 100 on 2:45 Pull-No breath L.12 yds
500	20 x 25 on :45 USRPT-100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 86

Workout #23192 - Tuesday, 05 February 2019

HighSchl - USRPT

1 minute rest between sets

6:15 AM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS/Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
1,500	30 x 50 on :50 200 Back Pace*
	1 on 5:00 Video Evaluations-2 postives
1,500	30 x 50 on :55 200 Breast Pace*
	1 on 10:00 Racing Skill-Timed Starts to 15m
750	30 x 25 on :30 100 Free Pace*
	1 on 5:00 Video Evaluations
750	30 x 25 on :30 100 Fly Pace*
	8:24 AM 4,725 Yards - Stress Value = 459

Workout #23193 - Tuesday, 05 February 2019

HighSchl - Swim Like A Champion Day

1 minute rest between sets

4:10 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS/Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
1,800	3x{1 x 25 on :30 Freestyle
	{1 x 25 on :40 Freestyle
	{1 x 25 on :50 Freestyle
	{1 x 25 on 1:00 Freestyle
	{1 x 150 on 1:45 Freestyle
	{1 x 100 on 1:10 Freestyle
	{1 x 50 on :35 Freestyle
	{1 x 200 on 4:00 Stroke Drills
160	8 x 20 on 3:00 Timed Underwaters B/S
	5:30 PM 2,185 Yards - Stress Value = 75

Workout #23194 - Tuesday, 05 February 2019

HighSchl - Gold

1 minute rest between sets

4:10 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS/Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters

1,650	3x{1 x 25 on :30 Freestyle
	{1 x 25 on :40 Freestyle
	{1 x 25 on :50 Freestyle
	{1 x 25 on 1:00 Freestyle
	{1 x 150 on 2:00 Freestyle
	{1 x 100 on 1:20 Freestyle
	{1 x 50 on :40 Freestyle
	{1 x 150 on 3:30 Stroke Drills
160	8 x 20 on 3:00 Timed Underwaters B/S
	5:30 PM 2,035 Yards - Stress Value = 75

Workout #23195 - Tuesday, 05 February 2019

HighSchl - Silver

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
1,500	3x{1 x 25 on :30 Freestyle	SP2
	{1 x 25 on :40 Freestyle	SP2
	{1 x 25 on :50 Freestyle	SP2
	{1 x 25 on 1:00 Freestyle	SP2
	{1 x 150 on 2:15 Freestyle	EN2
	{1 x 100 on 1:30 Freestyle	EN2
	{1 x 50 on :45 Freestyle	EN2
	{1 x 100 on 3:00 Stroke Drills	REC
160	8 x 20 on 3:00 Timed Underwaters B/S	SP2
	5:30 PM 1,885 Yards - Stress Value = 75	

Workout #23196 - Tuesday, 05 February 2019

HighSchl - Bronze

1 minute rest between sets

4:10 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS/Showers
225	15 x 15 on :45 Racing Skills-#1 or #2 Shooters
1,350	3x{1 x 25 on :30 Freestyle
	{1 x 25 on :40 Freestyle
	{1 x 25 on :50 Freestyle
	{1 x 25 on 1:00 Freestyle
	{1 x 150 on 2:35 Freestyle
	{1 x 100 on 1:45 Freestyle
	{1 x 50 on :50 Freestyle
	{1 x 50 on 2:20 Stroke Drills
160	8 x 20 on 3:00 Timed Underwaters B/S
	5:30 PM 1,735 Yards - Stress Value = 75

Workout #23197 - Tuesday, 05 February 2019

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 SunYangFree-Count strokes
1,000	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:55 Kick-1fly lbrst lfree
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:50 Kick-1fly lbrst lfree
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:45 Kick-25fly25br25fr25cho
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	1x{1 x 200 on 3:00 Individual Medley
	{4 x 25 on :30 Fly lup+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
	{4 x 25 on :30 Back 5KOW+2
	{1 x 100 on 1:35 Individual Medley
	{1 x 100 on 1:30 Individual Medley
	{1 x 100 on 1:25 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 200 on 2:50 Individual Medley
	{2 x 25 on :30 Breaststroke 2X Pullouts
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 4,400 Yards - Stress Value = 130

Workout #23198 - Tuesday, 05 February 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Sun Yang Free
850	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:05 Kick-1fly lbrst lfree
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:00 Kick-1fly lbrst lfree
	{2 x 25 on :35 Kick no board BS
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 200 on 3:15 Individual Medley
	{4 x 25 on :30 Fly lup+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
	{4 x 25 on :35 Breast 2X pullouts
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,925 Yards - Stress Value = 111

Workout #23199 - Tuesday, 05 February 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
800	1 on 35:00 DS/Dryland
	1 x 500 on 9:00 Sun Yang Free
150	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:15 Kick-1fly lbrst lfree
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:10 Kick-1fly lbrst lfree
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{1 x 200 on 3:40 Individual Medley
	{4 x 25 on :35 Fly lup+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 200 on 3:30 Individual Medley
	{2 x 25 on :40 Breaststroke 2X Pullouts
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,600 Yards - Stress Value = 100

Workout #23200 - Tuesday, 05 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Sun Yang Free
750	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:30 Kick-1fly lbrst lfree
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:25 Kick-1fly lbrst
	{1 x 50 on 1:05 Kick-free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 200 on 4:20 Individual Medley
	{4 x 25 on :35 Fly lup+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
	{2 x 25 on :35 Breast 2X pullouts
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,350 Yards - Stress Value = 92

Workout #23201 - Tuesday, 05 February 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :45 Kick no board BSLR
 { 2 x 100 on 2:45 Kick-1fly 1brst
 { 4 x 25 on :45 Kick no board BSLR
 { 2 x 100 on 2:45 Kick-1brst 1free
 { 2 x 25 on :45 Kick no board BS
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 200 on 5:00 Individual Medley
 { 4 x 25 on :40 Fly lup+ldown
 { 1 x 100 on 2:30 Individual Medley
 { 1 x 50 on 1:30 Easy Free
 { 1 x 200 on 4:55 Individual Medley
 { 4 x 25 on :40 Back 5KOW+2
 { 1 x 100 on 2:25 Individual Medley
 { 1 x 50 on 1:30 Easy Free
 { 2 x 25 on :40 Breast 2X pullouts
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 86

1 on 8:00 Video Evaluations RE
 375 15 x 25 on :30 100 Free Pace* SE
 5:45 PM 2,225 Yards - Stress Value = 210

Workout #23204 - Wednesday, 06 February 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 200 on 3:50 Breast Kick w/board
 { 2 x 175 on 3:20 Breast Kick w/board
 { 3 x 150 on 2:50 Breast Kick w/board
 { 2 x 125 on 2:20 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,550 1x{3 x 125 on 2:20 Breast L.25 3X pullouts
 { 3 x 50 on :55 Breaststroke
 { 3 x 125 on 2:15 Breast L.25 3X pullouts
 { 3 x 50 on :55 Breaststroke
 { 2 x 125 on 2:10 Breast L.25 3X pullouts
 { 1 x 50 on 1:00 Breaststroke
 { 2 x 100 on 1:40 Breast L.25 3X pullouts
 625 25 x 25 on :35 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,375 Yards - Stress Value = 125

Workout #23202 - Tuesday, 05 February 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on 1:00 Kick no board BSLR
 { 2 x 100 on 3:00 Kick-1fly 1brst
 { 4 x 25 on 1:00 Kick no board BSLR
 { 1 x 100 on 3:00 Kick-25fly25brst25fr25cho
 { 2 x 25 on 1:00 Kick no board BS
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 6:00 Individual Medley
 { 2 x 25 on 1:00 Fly lup+ldown
 { 1 x 100 on 3:00 Individual Medley
 { 1 x 50 on 1:30 Easy Free
 { 1 x 200 on 5:55 Individual Medley
 { 2 x 25 on 1:00 Back 5KOW+2
 { 1 x 100 on 2:55 Individual Medley
 { 1 x 50 on 1:30 Easy Free
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,575 Yards - Stress Value = 69

Workout #23205 - Wednesday, 06 February 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 200 on 4:05 Breast Kick w/board
 { 2 x 175 on 3:30 Breast Kick w/board
 { 3 x 150 on 2:55 Breast Kick w/board
 { 2 x 100 on 1:55 Breast Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{3 x 125 on 2:25 Breast L.25 3X pullouts
 { 3 x 50 on :55 Breaststroke
 { 3 x 125 on 2:20 Breast L.25 3X pullouts
 { 3 x 50 on 1:00 Breaststroke
 { 2 x 125 on 2:15 Breast L.25 3X pullouts
 { 3 x 50 on 1:05 Breaststroke
 625 25 x 25 on :35 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,225 Yards - Stress Value = 122

Workout #23203 - Wednesday, 06 February 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
 Yards Set Description EC
 =====
 1 on 10:00 DS/Showers RE
 225 15 x 15 on :45 Racing Skills-#1or#2 shooters SE
 500 20 x 25 on :30 200 Fly Pace* SE
 1 on 8:00 Video Evaluations 2 positives RE
 750 15 x 50 on :50 200 Free Pace* SE
 1 on 14:00 Racing Skills-Relay Starts SE
 375 15 x 25 on :30 100 Breast Pace* SE

Workout #23206 - Wednesday, 06 February 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,050	1x{1 x 200 on 4:35 Breast Kick w/board { 2 x 175 on 4:00 Breast Kick w/board { 3 x 150 on 3:20 Breast Kick w/board { 1 x 50 on 1:05 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{3 x 125 on 2:50 Breast L.25 3X pullouts { 3 x 50 on 1:00 Breaststroke { 3 x 125 on 2:45 Breast L.25 3X pullouts { 3 x 50 on 1:05 Breaststroke { 2 x 75 on 1:35 Breast L.25 3X pullouts { 1 x 50 on 1:10 Breaststroke
550	22 x 25 on :40 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,725 Yards - Stress Value = 108

Workout #23207 - Wednesday, 06 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
975	1x{1 x 200 on 5:00 Breast Kick w/board { 2 x 175 on 4:20 Breast Kick w/board { 2 x 150 on 3:40 Breast Kick w/board { 1 x 125 on 3:00 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{3 x 125 on 3:10 Breast L.25 3X pullouts { 3 x 50 on 1:10 Breaststroke { 3 x 125 on 3:05 Breast L.25 3X pullouts { 2 x 50 on 1:15 Breaststroke { 1 x 100 on 2:25 Breast L.25 3X pullouts
500	20 x 25 on :45 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,400 Yards - Stress Value = 98

Workout #23208 - Wednesday, 06 February 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{1 x 200 on 5:30 Breast Kick w/board { 2 x 175 on 4:45 Breast Kick w/board { 2 x 150 on 4:00 Breast Kick w/board { 1 x 50 on 1:00 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{3 x 100 on 2:50 Breast L.25 3X pullouts { 3 x 50 on 1:25 Breaststroke { 3 x 100 on 2:45 Breast L.25 3X pullouts { 3 x 50 on 1:30 Breaststroke { 1 x 100 on 2:30 Breast L.25 3X pullouts
500	20 x 25 on :45 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,200 Yards - Stress Value = 94

Workout #23209 - Wednesday, 06 February 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{1 x 200 on 8:00 Breast Kick w/board { 2 x 150 on 6:00 Breast Kick w/board { 1 x 100 on 4:00 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{3 x 100 on 3:30 Breast L.25 3X pullouts { 2 x 50 on 1:45 Breaststroke { 3 x 100 on 3:25 Breast L.25 3X pullouts { 2 x 50 on 1:50 Breaststroke
500	20 x 25 on :45 100 Breast Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,700 Yards - Stress Value = 84

Workout #23210 - Thursday, 07 February 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 10:00 DS/Showers	RF
225	15 x 15 on :45 Racing Skills-#1or#2 shooters	SF
750	15 x 50 on :55 200 Breast Pace*	SF
	1 on 5:00 Video Evaluations 2 positives	RF
750	15 x 50 on :50 200 Back Pace*	SF
	1 on 8:00 Racing Skills-UW Racing	EM
375	15 x 25 on :30 100 Fly Pace	SF
	1 on 13:00 Racing Skills-Relay Starts	RF
375	15 x 25 on :30 100 Free Pace	SF
	5:45 PM 2,475 Yards - Stress Value = 235	

Workout #23211 - Thursday, 07 February 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
950	1x{6 x 25 on :30 Kick no board B-10KOW+1 { 4 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 { 2 x 50 on :50 Kick-alt strmline/hands by sic
	1 on 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 100

Workout #23212 - Thursday, 07 February 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
550	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
850	1x{6 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:05 Kick-alt strmline/hands by si {6 x 25 on :35 Kick no board B-10KOW+1 {4 x 50 on 1:00 Kick-alt strmline/hands by si {4 x 25 on :35 Kick no board B-10KOW+1 {1 x 50 on :55 Kick-alt strmline/hands by sic 1 on 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,600 Yards - Stress Value = 98	

Yards	Set Description
5:15 PM Start	
400	1 on 35:00 DS/Showers
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
600	10 x 15 on :45 Shooters
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 {4 x 25 on :45 Kick no board B-10KOW+1	
100	1 on 26:00 Teach Day-Backstroke
1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	
500	20 x 25 on :45 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 1,950 Yards - Stress Value = 68	

Workout #23216 - Thursday, 07 February 2019

Group 2 - Copper

1 minute rest between sets

Workout #23213 - Thursday, 07 February 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:15 Kick-alt strmline/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:10 Kick-alt strmline/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {1 x 50 on 1:05 Kick-alt strmline/hands by si 1 on 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,325 Yards - Stress Value = 83	

Yards	Set Description
5:15 PM Start	
350	1 on 35:00 DS/Showers
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
475	10 x 15 on :45 Shooters
1x{4 x 25 on 1:00 Kick no board B-10KOW+1 {2 x 50 on 2:00 Kick-alt strmline/hands by si {4 x 25 on 1:00 Kick no board B-10KOW+1 {2 x 50 on 1:55 Kick-alt strmline/hands by si {3 x 25 on 1:00 Kick no board B-10KOW+1	
100	1 on 26:00 Teach Day-Backstroke
1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	
500	20 x 25 on :45 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 1,775 Yards - Stress Value = 66	

Workout #23217 - Friday, 08 February 2019

HighSchl - USRPT

1 minute rest between sets

Workout #23214 - Thursday, 07 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:20 Kick-alt strmline/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:15 Kick-alt strmline/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 1 on 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,150 Yards - Stress Value = 75	

Yards	Set Description	EGY	WC
4:10 PM Start			
225	1 on 35:00 Yoga/Shower	REC	
375	15 x 15 on :45 Racing Skills-IM Shooters	SP3	
375	15 x 25 on :30 Your #1 non free pace*	SP2	
375	1 on 15:00 Racing Skills-Relay Starts	REC	
375	15 x 25 on :30 100 Free Pace*	SP2	
5:30 PM 975 Yards - Stress Value = 85			

Workout #23218 - Friday, 08 February 2019

Group 2 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
500	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 125 on 2:15 SwimUSS	REC	D	FR
1,200	10 x 15 on :45 Shooters	SP3	S	FLY
6x{8 x 25 on :30 Butterfly {1 on 1:00 Rest	EN2	S	FLY	
200	1 on 26:00 Teach Day-Backstroke	REC	M	
Last round only do 4				
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
6:33 PM 2,050 Yards - Stress Value = 30				

Workout #23215 - Thursday, 07 February 2019

Group 2 - Bronze

1 minute rest between sets

Workout #23219 - Friday, 08 February 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L DRY	
500	4 x 125 on 2:15 SwimUSS	REC	D FR	
150	10 x 15 on :45 Shooters	SP3	S FLY	
1,000	5x{8 x 25 on :35 Butterfly {1 on 1:00 Rest	EN2 REC	S FLY M	
	Last round only do 6			
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
	6:32 PM 1,850 Yards - Stress Value = 26			

Workout #23220 - Friday, 08 February 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

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

Workout #23221 - Friday, 08 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

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

Workout #23222 - Friday, 08 February 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

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

Workout #23223 - Friday, 08 February 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L DRY	
300	4 x 75 on 2:15 SwimUSS	REC	D FR	
150	10 x 15 on :45 Shooters	SP3	S FLY	

800	4x{8 x 25 on :45 Butterfly {1 on 1:00 Rest	EN2 REC	S FLY M
200	1 x 200 on 3:00 Stroke Drills	REC	D CD
	6:31 PM 1,450 Yards - Stress Value = 22		

Workout #23224 - Saturday, 09 February 2019

HighSchl - USRPT

1 minute rest between sets

6:15 AM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS/Showers
225	15 x 15 on 1:00 Racing Skills #1or#2 Shooter
1,500	15 x 100 on 1:20 1650 Free Pace* 1 on 8:00 Video Evaluations-2 positives
750	1x{5 x 50 on :55 400 IM Pace {1 on 1:00 Rest {5 x 50 on :55 400 IM Pace {1 on 1:00 Rest {5 x 50 on :55 400 IM Pace
	1 on 12:00 Racing Skills-Relay Starts
750	15 x 50 on :50 #1 or #2 200 pace-no free*
375	1 on 10:00 Racing Skills-Fly Kick Relay 15 x 25 on :30 100 Free Pace 1 on 20:00 Help setup for meet
	8:30 AM 3,600 Yards - Stress Value = 347

Workout #23225 - Monday, 11 February 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description
=====	=====
	1 on 10:00 DS/Showers
225	15 x 15 on :45 Racing Skills-#1or#2 Shooters
750	15 x 50 on :50 200 Free Pace* 1 on 5:00 Video Evaluations-2 positives
750	15 x 50 on :55 200 Breast Pace*
150	1x{4 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {3 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {1 x 15 on :10 Undr Wtr Fly Kck
375	15 x 25 on :30 100 Back Pace* 1 on 15:00 Racing Skills-Relay Starts
375	15 x 25 on :30 100 Fly Pace*
	5:45 PM 2,625 Yards - Stress Value = 238

Workout #23226 - Monday, 11 February 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,000	1x{1 x 200 on 3:50 Breast Kick w/board { 2 x 175 on 3:20 Breast Kick w/board { 3 x 150 on 2:45 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,375	1x{3 x 125 on 2:20 Breast L.25 3X pullouts { 3 x 50 on :55 Breaststroke { 3 x 125 on 2:15 Breast L.25 3X pullouts { 2 x 50 on :55 Breaststroke { 3 x 125 on 2:10 Breast L.25 3X pullouts
625	25 x 25 on :35 100 Breast Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,050 Yards - Stress Value = 117

Workout #23227 - Monday, 11 February 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
950	1x{1 x 200 on 4:05 Breast Kick w/board { 2 x 175 on 3:30 Breast Kick w/board { 2 x 150 on 2:55 Breast Kick w/board { 1 x 100 on 1:50 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{3 x 125 on 2:25 Breast L.25 3X pullouts { 3 x 50 on :55 Breaststroke { 3 x 125 on 2:20 Breast L.25 3X pullouts { 3 x 50 on 1:00 Breaststroke { 2 x 125 on 2:15 Breast L.25 3X pullouts
625	25 x 25 on :35 100 Breast Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,875 Yards - Stress Value = 114

Workout #23228 - Monday, 11 February 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
800	1x{1 x 200 on 4:35 Breast Kick w/board { 2 x 175 on 4:00 Breast Kick w/board { 2 x 100 on 2:15 Breast Kick w/board { 1 x 50 on 1:05 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{3 x 125 on 2:50 Breast L.25 3X pullouts { 3 x 50 on 1:00 Breaststroke { 3 x 125 on 2:45 Breast L.25 3X pullouts { 4 x 50 on 1:05 Breaststroke
550	22 x 25 on :40 100 Breast Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,400 Yards - Stress Value = 100

Workout #23229 - Monday, 11 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 5:00 Breast Kick w/board { 2 x 175 on 4:20 Breast Kick w/board { 2 x 100 on 2:25 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{3 x 125 on 3:10 Breast L.25 3X pullouts { 3 x 50 on 1:10 Breaststroke { 3 x 125 on 3:05 Breast L.25 3X pullouts { 2 x 50 on 1:15 Breaststroke
500	20 x 25 on :45 100 Breast Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,150 Yards - Stress Value = 92

Workout #23230 - Monday, 11 February 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 5:30 Breast Kick w/board { 2 x 175 on 4:45 Breast Kick w/board { 1 x 150 on 4:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{3 x 100 on 2:50 Breast L.25 3X pullouts { 3 x 50 on 1:25 Breaststroke { 3 x 100 on 2:45 Breast L.25 3X pullouts { 3 x 50 on 1:30 Breaststroke
500	20 x 25 on :45 100 Breast Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	2,950 Yards - Stress Value = 88

Workout #23231 - Monday, 11 February 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
475	1x{1 x 200 on 8:00 Breast Kick w/board { 1 x 150 on 6:00 Breast Kick w/board { 1 x 100 on 4:00 Breast Kick w/board { 1 x 25 on 1:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{3 x 100 on 3:30 Breast L.25 3X pullouts { 2 x 50 on 1:45 Breaststroke { 3 x 100 on 3:25 Breast L.25 3X pullouts
500	20 x 25 on :45 100 Breast Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,475 Yards - Stress Value = 79

Workout #23232 - Monday, 11 February 2019

Group 2 - Taper-Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{1 x 200 on 4:35 Breast Kick w/board
 {1 x 175 on 4:00 Breast Kick w/board
 {1 x 25 on :30 Breast Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{2 x 125 on 2:50 Breast L.25 3X pullouts
 {2 x 50 on 1:00 Breaststroke
 {2 x 125 on 2:45 Breast L.25 3X pullouts
 {2 x 50 on 1:05 Breaststroke
 275 11 x 25 on :40 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:53 PM 2,275 Yards - Stress Value = 56

{4 x 50 on :55 Kick-alt strmlne/hands by sic
 {6 x 25 on :30 Kick no board B-10KOW+1
 {1 x 50 on :50 Kick-alt strmlne/hands by sic
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,550 1x{3 x 100 on 1:35 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:30 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 131

Workout #23236 - Tuesday, 12 February 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{6 x 25 on :35 Kick no board B-10KOW+1
 {4 x 50 on 1:05 Kick-alt strmlne/hands by si
 {6 x 25 on :35 Kick no board B-10KOW+1
 {4 x 50 on 1:00 Kick-alt strmlne/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {1 x 50 on :55 Kick-alt strmlne/hands by sic
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{3 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,925 Yards - Stress Value = 114

Workout #23233 - Monday, 11 February 2019

Group 2 - Taper SilverBronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{1 x 200 on 5:00 Breast Kick w/board
 {1 x 125 on 3:05 Breast Kick w/board
 {1 x 75 on 1:50 Breast Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{2 x 125 on 3:10 Breast L.25 3X pullouts
 {2 x 50 on 1:10 Breaststroke
 {2 x 125 on 3:05 Breast L.25 3X pullouts
 {1 x 50 on 1:15 Breaststroke
 250 10 x 25 on :45 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:54 PM 2,150 Yards - Stress Value = 52

Workout #23234 - Tuesday, 12 February 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY WC
 =====
 1 on 10:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooters SP3
 750 15 x 50 on :50 #1 200 Pace SP2
 1 on 20:00 Indvdl Prsrcptns/Relay Starts REC
 375 15 x 25 on :30 #2 100 Pace SP2
 1 on 10:00 Video Evaluations 2 positives REC
 5:24 PM 1,350 Yards - Stress Value = 122

Workout #23235 - Tuesday, 12 February 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{6 x 25 on :30 Kick no board B-10KOW+1
 {5 x 50 on 1:00 Kick-alt strmlne/hands by si
 {6 x 25 on :30 Kick no board B-10KOW+1

Workout #23237 - Tuesday, 12 February 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:15 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:10 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{1 x 50 on 1:05 Kick-alt strmline/hands by si
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{3 x 100 on 1:55 Backstroke
	{2 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{6 x 25 on :35 Back 4 KOW +1
	{3 x 100 on 1:50 Backstroke
	{2 x 100 on 1:45 Backstroke
	{1 x 50 on :50 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,625 Yards - Stress Value = 109

Workout #23238 - Tuesday, 12 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:20 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{4 x 50 on 1:15 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{3 x 100 on 2:10 Backstroke
	{2 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{4 x 25 on :40 Back 4 KOW +1
	{2 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{1 x 100 on 1:55 Backstroke
	{2 x 25 on :40 Back 4 KOW +1
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 98

Workout #23239 - Tuesday, 12 February 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board B-10KOW+1
	{3 x 50 on 1:35 Kick-alt strmline/hands by si
	{4 x 25 on :45 Kick no board B-10KOW+1
	{3 x 50 on 1:30 Kick-alt strmline/hands by si
	{4 x 25 on :45 Kick no board B-10KOW+1

100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{3 x 100 on 2:30 Backstroke
	{2 x 100 on 2:25 Backstroke
	{1 x 100 on 2:20 Backstroke
	{4 x 25 on :45 Back 4 KOW +1
	{1 x 100 on 2:25 Backstroke
	{1 x 100 on 2:20 Backstroke
	{1 x 100 on 2:15 Backstroke
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,950 Yards - Stress Value = 88

Workout #23240 - Tuesday, 12 February 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
475	1x{4 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 2:00 Kick-alt strmline/hands by si
	{4 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 1:55 Kick-alt strmline/hands by si
	{3 x 25 on 1:00 Kick no board B-10KOW+1
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 100 on 3:00 Backstroke
	{1 x 100 on 2:55 Backstroke
	{1 x 100 on 2:50 Backstroke
	{6 x 25 on :45 Back 4 KOW +1
	{1 x 100 on 2:55 Backstroke
	{1 x 100 on 2:50 Backstroke
	{1 x 100 on 2:45 Backstroke
	{4 x 25 on :45 Back 4 KOW +1
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,625 Yards - Stress Value = 83

Workout #23241 - Tuesday, 12 February 2019

Group 2 - Taper-Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
350	1x{2 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
	{2 x 25 on :40 Kick no board B-10KOW+1
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{2 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
	{2 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 50 on :50 Backstroke
300	12 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:51 PM 2,400 Yards - Stress Value = 60

Workout #23242 - Tuesday, 12 February 2019

Group 2 - Taper Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Showers
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
350	1x{2 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
	{ 3 x 50 on 1:15 Kick-alt strmline/hands by si
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
725	1x{1 x 100 on 2:10 Backstroke
	{ 1 x 100 on 2:05 Backstroke
	{ 1 x 100 on 2:00 Backstroke
	{ 5 x 25 on :40 Back 4 KOW +1
	{ 1 x 100 on 2:05 Backstroke
	{ 1 x 100 on 2:00 Backstroke
	{ 1 x 100 on 1:55 Backstroke
275	11 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:53 PM 2,200 Yards - Stress Value = 55

Workout #23243 - Wednesday, 13 February 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
	1 on 15:00 Racing Skills-Relay/Reg Starts	REC	
750	15 x 50 on :50 #2 200 Pace	SP2	
	1 on 15:00 Indvdl Prsrcptns-Peer Coaching	REC	
375	15 x 25 on :30 #1 100 Pace	SP2	
	5:25 PM 1,350 Yards - Stress Value = 122		

Workout #23244 - Wednesday, 13 February 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :30 Kick no board S-12KOW+1
	{ 1 x 50 on :55 Fly Kick w/board
	{ 1 x 100 on 1:55 Fly Kick w/board
	{ 1 x 150 on 2:55 Fly Kick w/board
	{ 4 x 25 on :30 Kick no board S-13KOW+1
	{ 2 x 50 on :55 Fly Kick w/board
	{ 2 x 100 on 1:55 Fly Kick w/board
	{ 1 x 150 on 2:55 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	7x{8 x 25 on :30 Butterfly
	{ 1 on 1:00 Rest
750	30 x 25 on :30 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:29 PM 4,000 Yards - Stress Value = 128

Workout #23245 - Wednesday, 13 February 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

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

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :35 Kick no board S-12KOW+1
	{ 1 x 50 on 1:00 Fly Kick w/board
	{ 1 x 100 on 2:05 Fly Kick w/board
	{ 1 x 150 on 3:10 Fly Kick w/board
	{ 4 x 25 on :35 Kick no board S-13KOW+1
	{ 2 x 50 on 1:00 Fly Kick w/board
	{ 1 x 100 on 2:05 Fly Kick w/board
	{ 1 x 150 on 3:10 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	7x{8 x 25 on :30 Butterfly
	{ 1 on 1:00 Rest
750	30 x 25 on :30 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:29 PM 3,825 Yards - Stress Value = 126

Workout #23246 - Wednesday, 13 February 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{ 1 x 50 on 1:05 Fly Kick w/board
	{ 1 x 100 on 2:15 Fly Kick w/board
	{ 1 x 150 on 3:25 Fly Kick w/board
	{ 4 x 25 on :40 Kick no board S-13KOW+1
	{ 1 x 50 on 1:05 Fly Kick w/board
	{ 1 x 100 on 2:15 Fly Kick w/board
	{ 1 x 150 on 3:25 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	7x{8 x 25 on :35 Butterfly
	{ 1 on 1:00 Rest
	Only do 2 on the last round
625	25 x 25 on :35 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:34 PM 3,600 Yards - Stress Value = 112

Workout #23247 - Wednesday, 13 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{ 1 x 50 on 1:15 Fly Kick w/board
	{ 1 x 100 on 2:30 Fly Kick w/board
	{ 1 x 150 on 3:45 Fly Kick w/board
	{ 2 x 25 on :40 Kick no board S-13KOW+1
	{ 2 x 50 on 1:15 Fly Kick w/board
	{ 2 x 100 on 2:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	6x{8 x 25 on :40 Butterfly
	{ 1 on 1:00 Rest
	On the last round only do 5
550	22 x 25 on :40 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
	7:32 PM 3,275 Yards - Stress Value = 100

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

Workout #23248 - Wednesday, 13 February 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board S-12KOW+1 {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 3:00 Fly Kick w/board {1 x 150 on 4:30 Fly Kick w/board {4 x 25 on :45 Kick no board S-13KOW+1 {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 2:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	5x{8 x 25 on :45 Butterfly {1 on 1:00 Rest
500	20 x 25 on :45 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
7:29 PM	2,900 Yards - Stress Value = 89

Workout #23249 - Wednesday, 13 February 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on 1:00 Kick no board S-12KOW+1 {1 x 50 on 2:00 Fly Kick w/board {1 x 100 on 4:00 Fly Kick w/board {4 x 25 on :45 Kick no board S-13KOW+1 {3 x 50 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	4x{8 x 25 on 1:00 Butterfly {1 on 1:00 Rest
375	15 x 25 on 1:00 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
7:30 PM	2,425 Yards - Stress Value = 70

Workout #23250 - Wednesday, 13 February 2019

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:05 Fly Kick w/board {1 x 100 on 2:15 Fly Kick w/board {1 x 150 on 3:25 Fly Kick w/board
50	1x{2 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 2 on the last round
300	12 x 25 on :35 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
7:04 PM	2,425 Yards - Stress Value = 64

Workout #23251 - Wednesday, 13 February 2019

Group 2 - Taper SilverBronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
400	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 Freestyle
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	3x{8 x 25 on :40 Butterfly {1 on 1:00 Rest On the last round only do 5
550	22 x 25 on :40 USRPT-100 Fly Pace
200	1 x 200 on 3:00 Stroke Drills
7:03 PM	2,275 Yards - Stress Value = 78

Workout #23252 - Friday, 15 February 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	E
4:10 PM	Start	
1	on 50:00 Yoga/TM Mtg>Showers	F
225	15 x 15 on :45 Racing Skills-your #1 Shooters	S
375	15 x 25 on :30 Your choice 100 Pace	S
1	on 10:00 Racing Skills/Tivo Starts	F
5:30 PM	600 Yards - Stress Value = 47	

Workout #23253 - Friday, 15 February 2019

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
1	on 40:00 Dryrland>Showers	REC	
500	4 x 125 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,800	1x{1 x 400 on 5:40 Pull-BTB {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 {3 x 100 on 1:20 Free NBBF&W	EN2	EN2
250	1 x 250 on 4:00 Stroke Drills	REC	
6:30 PM	2,700 Yards - Stress Value = 42		

Workout #23254 - Friday, 15 February 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
1	on 40:00 Dryrland>Showers	REC	
500	4 x 125 on 2:15 SwimUSS	REC	
150	10 x 15 on :45 Shooters	SP3	
1,700	1x{1 x 400 on 6:00 Pull-BTB {2 x 100 on 1:35 Free NBBF&W {2 x 300 on 4:30 Pulls BTS {2 x 100 on 1:30 Free NBBF&W {1 x 200 on 3:00 Pulls-no br L.12 yds {1 x 100 on 1:25 Free NBBF&W	EN2	EN2
250	1 x 250 on 4:00 Stroke Drills	REC	
6:30 PM	2,600 Yards - Stress Value = 40		

Workout #23251 - Wednesday, 13 February 2019

Group 2 - Taper SilverBronze

1 minute rest between sets

Workout #23255 - Friday, 15 February 2019

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

Group 2 - Silver

1 minute rest between sets

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

Workout #23256 - Friday, 15 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23257 - Friday, 15 February 2019

Group 2 - Bronze

1 minute rest between sets

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

Workout #23258 - Friday, 15 February 2019

Group 2 - Copper

1 minute rest between sets

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

Workout #23259 - Monday, 11 February 2019

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:15 PM	Start		
=====	=====	=====	=====
	1 on 12:00 DS/Showers		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,450	1x{4 x 25 on :30 Kick no board BSLR		
	{1 x 150 on 2:30 Kick		
	{6 x 25 on :30 Kick no board BSLRBS		
	{1 x 150 on 2:25 Kick		
	{8 x 25 on :30 Kick no board BSLR		
	{1 x 150 on 2:20 Kick		
	{6 x 25 on :30 Kick no board BSLRBS		
	{1 x 150 on 2:15 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{1 x 150 on 2:10 Kick		
1,500	1x{2 x 200 on 2:40 Pull 1 breath L.25		
	{2 x 175 on 2:20 Pull 1 breath L.25		
	{2 x 150 on 2:00 Pull 1 breath L.25		
	{2 x 125 on 1:40 Pull 1 breath L.25		
	{2 x 100 on 1:20 Pull 1 breath L.25		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,675	1x{1 x 275 on 3:40 Freestyle		
	{1 x 275 on 3:30 Freestyle		
	{1 x 275 on 3:20 Freestyle		
	{1 x 100 on 2:30 Freestyle		
	{1 x 275 on 3:35 Freestyle		
	{1 x 275 on 3:25 Freestyle		
	{1 x 275 on 3:15 Freestyle		
	{1 x 100 on 2:30 Freestyle		
	{1 x 275 on 3:30 Freestyle		
	{1 x 275 on 3:20 Freestyle		
	{1 x 275 on 3:10 Freestyle		
500	10 x 50 on 1:00 Stroke Drills		
7:29 PM	7,075 Yards - Stress Value = 108		

Workout #23260 - Monday, 18 February 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
3:00 PM	Start		
=====	=====	=====	=====
	1 on 25:00 Team Mtg/DS/Shower	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
375	15 x 25 on :30 100 Fly Pace	SP2	
	1 on 8:00 Video Evaluations	REC	
375	15 x 25 on :30 100 Back Pace	SP2	
	1 on 10:00 Racing Skills-Parter Starts	REC	
750	15 x 50 on :55 200 Breast Pace	SP2	
	1 on 8:00 Video Evaluations 2 positives	REC	
750	15 x 50 on :50 200 Free Pace	SP2	
4:50 PM	2,475 Yards - Stress Value = 235		

Workout #23261 - Monday, 18 February 2019

Group 3 - Distance

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 600 1 on 12:00 DS/Shoulders
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 1,500 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:25 Kick
 1,500 1x{4 x 125 on 1:45 Pulls-no br L.12/14/16/18 yc
 {4 x 125 on 1:40 Pulls-no br L.12/14/16/18 yc
 {4 x 125 on 1:35 Pulls-no br L.12/14/16/18 yc
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 1x{5 x 200 on 2:40 Freestyle
 {4 x 200 on 2:35 Freestyle
 {3 x 200 on 2:30 Freestyle
 {2 x 200 on 2:20 Freestyle
 {1 x 200 on 2:15 Freestyle
 400 8 x 50 on 1:00 Stroke Drills
 7:30 PM 7,350 Yards - Stress Value = 128

{4 x 50 on 1:05 Kick-alt strmline/hands by si
 {6 x 25 on :35 Kick no board B-10KOW+1
 {4 x 50 on 1:00 Kick-alt strmline/hands by si
 {4 x 25 on :35 Kick no board B-10KOW+1
 {1 x 50 on :55 Kick-alt strmline/hands by sic
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{3 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 127

Workout #23264 - Monday, 18 February 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Showers
 150 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:15 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:10 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {1 x 50 on 1:05 Kick-alt strmline/hands by si
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{3 x 100 on 1:55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {6 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:50 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 50 on :50 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,625 Yards - Stress Value = 109

1,300 1x{3 x 100 on 1:55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {6 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:50 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 50 on :50 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,625 Yards - Stress Value = 109

Workout #23262 - Monday, 18 February 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Showers
 150 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{6 x 25 on :30 Kick no board B-10KOW+1
 {5 x 50 on 1:00 Kick-alt strmline/hands by si
 {6 x 25 on :30 Kick no board B-10KOW+1
 {4 x 50 on :55 Kick-alt strmline/hands by sic
 {6 x 25 on :30 Kick no board B-10KOW+1
 {1 x 50 on :50 Kick-alt strmline/hands by sic
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,550 1x{3 x 100 on 1:35 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:30 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 131

1,300 1x{3 x 100 on 1:55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {6 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:50 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 50 on :50 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,625 Yards - Stress Value = 109

Workout #23263 - Monday, 18 February 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 550 1 on 35:00 DS/Showers
 150 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{6 x 25 on :35 Kick no board B-10KOW+1

Workout #23265 - Monday, 18 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:20 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 {4 x 50 on 1:15 Kick-alt strmline/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{3 x 100 on 2:10 Backstroke
 {2 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {2 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {2 x 25 on :40 Back 4 KOW +1
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 98

Workout #23266 - Monday, 18 February 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board B-10KOW+1
 {3 x 50 on 1:35 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {3 x 50 on 1:30 Kick-alt strmline/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{3 x 100 on 2:30 Backstroke
 {2 x 100 on 2:25 Backstroke
 {1 x 100 on 2:20 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:25 Backstroke
 {1 x 100 on 2:20 Backstroke
 {1 x 100 on 2:15 Backstroke
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 88

Workout #23267 - Monday, 18 February 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 475 1x{4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 2:00 Kick-alt strmline/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:55 Kick-alt strmline/hands by si
 {3 x 25 on 1:00 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 850 1x{1 x 100 on 3:00 Backstroke
 {1 x 100 on 2:55 Backstroke
 {1 x 100 on 2:50 Backstroke
 {6 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:55 Backstroke
 {1 x 100 on 2:50 Backstroke
 {1 x 100 on 2:45 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,625 Yards - Stress Value = 83

Workout #23268 - Monday, 18 February 2019

Group 2 - Taper-Platinum

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 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
 {2 x 25 on :30 Kick no board-B-10KOW+1
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {2 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
 {2 x 100 on 1:20 Backstroke
 {2 x 25 on :30 Back 4 KOW +1
 375 15 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:51 PM 2,775 Yards - Stress Value = 72

Workout #23269 - Monday, 18 February 2019

Group 2 - Taper-Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 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
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 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
 {2 x 100 on 1:30 Backstroke
 {2 x 25 on :30 Back 4 KOW +1
 375 15 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:51 PM 2,575 Yards - Stress Value = 69

Workout #23270 - Monday, 18 February 2019

Group 2 - Taper-Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 35:00 DS/Showers
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :40 Kick no board B-10KOW+1 {2 x 50 on 1:15 Kick-alt 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
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{1 x 100 on 1:55 Backstroke {1 x 100 on 1:50 Backstroke {1 x 100 on 1:45 Backstroke {6 x 25 on :35 Back 4 KOW +1 {1 x 100 on 1:50 Backstroke {1 x 100 on 1:45 Backstroke {1 x 50 on 1:40 Backstroke
325	13 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
6:51 PM 2,275 Yards - Stress Value = 59	

Workout #23271 - Monday, 18 February 2019

Group 2 - Taper SilverBronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 35:00 DS/Showers
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :40 Kick no board B-10KOW+1 {2 x 50 on 1:20 Kick-alt strmline/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {2 x 50 on 1:15 Kick-alt strmline/hands by si
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	1x{1 x 100 on 2:10 Backstroke {1 x 100 on 2:05 Backstroke {1 x 100 on 2:00 Backstroke {4 x 25 on :40 Back 4 KOW +1 {1 x 100 on 2:05 Backstroke {1 x 50 on 1:00 Backstroke {1 x 50 on :55 Backstroke
275	11 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
6:51 PM 2,125 Yards - Stress Value = 54	

Workout #23272 - Monday, 18 February 2019

Group 2 - Taper-Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 35:00 DS/Showers
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
300	1x{2 x 25 on :45 Kick no board B-10KOW+1 {2 x 50 on 1:35 Kick-alt strmline/hands by si {2 x 25 on :45 Kick no board B-10KOW+1 {2 x 50 on 1:30 Kick-alt strmline/hands by si
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	1x{1 x 100 on 2:30 Backstroke {1 x 100 on 2:25 Backstroke {1 x 100 on 2:20 Backstroke {4 x 25 on :45 Back 4 KOW +1 {1 x 100 on 2:25 Backstroke

{1 x 100 on 2:20 Backstroke
250 10 x 25 on :45 USRPT-100 Back Pace
200 1 x 200 on 4:00 Stroke Drills
6:52 PM 1,950 Yards - Stress Value = 49

Workout #23273 - Monday, 18 February 2019

Group 2 - Taper-Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 35:00 DS/Showers
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
250	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 {2 x 25 on 1:00 Kick no board B-10KOW+1
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	1x{1 x 100 on 3:00 Backstroke {1 x 100 on 2:55 Backstroke {1 x 100 on 2:50 Backstroke {4 x 25 on :45 Back 4 KOW +1 {1 x 100 on 2:55 Backstroke
250	10 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
6:52 PM 1,750 Yards - Stress Value = 46	

Workout #23274 - Tuesday, 12 February 2019

Group 3 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 13:00 DS/Showers
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
2,100	1x{2 x 150 on 2:05 Backstroke {4 x 100 on 1:25 Back-descend 2/3/4/5 KOW {2 x 150 on 2:00 Backstroke {4 x 100 on 1:25 Back descend 3/4/5/6 KOW {2 x 150 on 1:55 Backstroke {4 x 100 on 1:25 Back descend 4/5/6/7 KOW
800	1 x 800 on 16:00 Vertical Kicking
1,050	1x{3 x 75 on 1:00 Pulls BTB {3 x 50 on :35 Pulls {3 x 75 on 1:00 Pulls BTS {3 x 50 on :35 Pulls {4 x 75 on 1:00 Pulls alt BT S/B
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{2 x 150 on 2:00 Backstroke {4 x 100 on 1:25 Back-descend 2/3/4/5 KOW {2 x 150 on 1:55 Backstroke {4 x 100 on 1:25 Back descend 3/4/5/6 KOW {2 x 150 on 1:50 Backstroke {4 x 100 on 1:25 Back descend 4/5/6/7 KOW
200	1 x 200 on 3:00 Stroke Drills
7:30 PM 7,200 Yards - Stress Value = 128	

Workout #23275 - Tuesday, 19 February 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
	1 on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
500	20 x 25 on :30 200 Fly Pace	SP2	
	1 on 8:00 Video Evaluations 2 positives	REC	
750	15 x 50 on :50 200 Back Pace	SP2	
	1 on 10:00 Racing Skills-Relay Starts	REC	
225	15 x 15 on :30 100 Breast Pace	SP2	
	1 on 10:00 Racing Skills-timed turns	SP3	
375	15 x 25 on :30 100 Free Pace	SP2	
	5:43 PM 2,075 Yards - Stress Value = 194		

Workout #23276 - Tuesday, 19 February 2019

Group 3 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 12:00 DS/Shower
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,140	1x{1 x 50 on 1:00 Vertical Kick-30/30 {4 x 40 on 1:00 15 underwater 20 sprint free {3 x 50 on 1:00 Vertical Kick 40/20 {2 x 50 on 1:00 Vertical Kick 35/25 {4 x 40 on :55 15 underwater 20 sprint free {4 x 40 on :50 15 underwater 20 sprint free {4 x 50 on 1:00 Vertical Kick 45/15 {4 x 40 on :45 15 underwater 20 sprint free
2,000	1x{4 x 50 on :40 Pull HB 2 SOW +1 {4 x 75 on 1:00 Pull HB 2 SOW +1 {4 x 100 on 1:20 Pull HB 2 SOW +1 {4 x 125 on 1:40 Pull HB 2 SOW +1 {4 x 150 on 2:00 Pull HB 2 SOW +1
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 100 on 1:25 Backstroke {6 x 25 on :30 Back 12yds under -1 kick {2 x 100 on 1:25 Backstroke {6 x 25 on :30 Back 12yds under -1 kick {3 x 100 on 1:25 Backstroke {6 x 25 on :30 Back 12yds under -1 kick {4 x 100 on 1:25 Backstroke {6 x 25 on :30 Back 12yds under -1 kick {5 x 100 on 1:25 Backstroke
300	6 x 50 on 1:00 Stroke Drills
	7:28 PM 6,490 Yards - Stress Value = 102

Workout #23277 - Tuesday, 19 February 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,000	1x{1 x 200 on 3:45 Breast Kick w/board {2 x 175 on 3:15 Breast Kick w/board {3 x 150 on 2:45 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,375	1x{3 x 125 on 2:15 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {3 x 125 on 2:15 Breast L.25 3X pullouts {2 x 50 on :50 Breaststroke {3 x 125 on 2:10 Breast L.25 3X pullouts

625	25 x 25 on :35 100 Breast Pace
	1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 117

Workout #23278 - Tuesday, 19 February 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Sun Yang Free
150	10 x 15 on :45 Shooters
950	1x{1 x 200 on 4:05 Breast Kick w/board {2 x 175 on 3:30 Breast Kick w/board {2 x 150 on 2:55 Breast Kick w/board {1 x 100 on 1:55 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	1x{3 x 125 on 2:20 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {3 x 125 on 2:20 Breast L.25 3X pullouts {3 x 50 on :55 Breaststroke {2 x 125 on 2:15 Breast L.25 3X pullouts {1 x 50 on 1:00 Breaststroke
625	25 x 25 on :35 100 Breast Pace
200	1 on 10:00 Racing Skills-starts/pullouts 1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,925 Yards - Stress Value = 115

Workout #23279 - Tuesday, 19 February 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Sun Yang Free
150	10 x 15 on :45 Shooters
850	1x{1 x 200 on 4:30 Breast Kick w/board {2 x 175 on 3:55 Breast Kick w/board {2 x 100 on 2:15 Breast Kick w/board {2 x 50 on 1:05 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{3 x 125 on 2:45 Breast L.25 3X pullouts {3 x 50 on 1:00 Breaststroke {3 x 125 on 2:40 Breast L.25 3X pullouts {3 x 50 on 1:05 Breaststroke {1 x 100 on 2:05 Breast L.25 3X pullouts
550	22 x 25 on :40 100 Breast Pace
	1 on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,500 Yards - Stress Value = 102

Workout #23280 - Tuesday, 19 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 4:55 Breast Kick w/board { 2 x 175 on 4:15 Breast Kick w/board { 2 x 100 on 2:25 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{3 x 125 on 3:00 Breast L.25 3X pullouts { 3 x 50 on 1:10 Breaststroke { 3 x 125 on 3:00 Breast L.25 3X pullouts { 3 x 50 on 1:10 Breaststroke
500	20 x 25 on :45 100 Breast Pace
200	1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,200 Yards - Stress Value = 93

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	1x{1 x 200 on 3:45 Breast Kick w/board { 1 x 175 on 3:15 Breast Kick w/board { 1 x 125 on 2:15 Breast Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{2 x 125 on 2:15 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 :50 Breaststroke
325	{ 1 x 100 on 1:45 Breast L.25 3X pullouts
200	13 x 25 on :35 100 Breast Pace
200	1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:02 PM	2,625 Yards - Stress Value = 64

Workout #23281 - Tuesday, 19 February 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 5:30 Breast Kick w/board { 2 x 175 on 4:45 Breast Kick w/board { 1 x 150 on 4:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{3 x 100 on 2:50 Breast L.25 3X pullouts { 3 x 50 on 1:25 Breaststroke { 3 x 100 on 2:45 Breast L.25 3X pullouts { 3 x 50 on 1:30 Breaststroke
500	20 x 25 on :45 100 Breast Pace
200	1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	2,950 Yards - Stress Value = 88

Workout #23284 - Tuesday, 19 February 2019

Group 2 - Taper-Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Sun Yang Free
150	10 x 15 on :45 Shooters
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 1:55 Breast Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{2 x 125 on 2:20 Breast L.25 3X pullouts { 2 x 50 on :55 Breaststroke { 2 x 125 on 2:20 Breast L.25 3X pullouts { 2 x 50 on :55 Breaststroke
325	{ 1 x 100 on 1:50 Breast L.25 3X pullouts
200	13 x 25 on :35 100 Breast Pace
200	1 on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:02 PM	2,550 Yards - Stress Value = 64

Workout #23282 - Tuesday, 19 February 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
475	1x{1 x 200 on 8:00 Breast Kick w/board { 1 x 150 on 6:00 Breast Kick w/board { 1 x 100 on 4:00 Breast Kick w/board { 1 x 25 on 1:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{3 x 100 on 3:30 Breast L.25 3X pullouts { 2 x 50 on 1:45 Breaststroke { 3 x 100 on 3:25 Breast L.25 3X pullouts
500	20 x 25 on :45 100 Breast Pace
200	1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,475 Yards - Stress Value = 79

Workout #23285 - Tuesday, 19 February 2019

Group 2 - Taper-Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Sun Yang Free
150	10 x 15 on :45 Shooters
400	1x{1 x 200 on 4:30 Breast Kick w/board { 1 x 175 on 3:55 Breast Kick w/board { 1 x 25 on :35 Breast Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{2 x 125 on 2:45 Breast L.25 3X pullouts { 3 x 50 on 1:00 Breaststroke { 2 x 125 on 2:40 Breast L.25 3X pullouts { 2 x 50 on 1:05 Breaststroke
275	11 x 25 on :40 100 Breast Pace
200	1 on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:02 PM	2,325 Yards - Stress Value = 57

Workout #23283 - Tuesday, 19 February 2019

Group 2 - Taper-Platinum

Workout #23286 - Tuesday, 19 February 2019

Group 2 - Taper SilverBronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{1 x 200 on 4:55 Breast Kick w/board {1 x 125 on 3:00 Breast Kick w/board {1 x 25 on :35 Breast Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{2 x 125 on 3:00 Breast L.25 3X pullouts {2 x 50 on 1:10 Breaststroke {2 x 125 on 3:00 Breast L.25 3X pullouts {1 x 50 on 1:10 Breaststroke
250	10 x 25 on :45 100 Breast Pace 1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:02 PM 2,100 Yards - Stress Value = 50

Workout #23287 - Tuesday, 19 February 2019

Group 2 - Taper-Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
325	1x{1 x 200 on 5:30 Breast Kick w/board {1 x 125 on 3:30 Breast Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{2 x 100 on 2:50 Breast L.25 3X pullouts {2 x 50 on 1:25 Breaststroke {2 x 100 on 2:45 Breast L.25 3X pullouts {1 x 50 on 1:30 Breaststroke
250	10 x 25 on :45 100 Breast Pace 1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:02 PM 1,925 Yards - Stress Value = 48

Workout #23288 - Tuesday, 19 February 2019

Group 2 - Taper-Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
225	1x{1 x 200 on 8:00 Breast Kick w/board {1 x 25 on 1:00 Breast Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	1x{2 x 100 on 3:30 Breast L.25 3X pullouts {1 x 50 on 1:45 Breaststroke {2 x 100 on 3:25 Breast L.25 3X pullouts
250	10 x 25 on :45 100 Breast Pace 1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
	7:02 PM 1,675 Yards - Stress Value = 44

Workout #23289 - Wednesday, 20 February 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 10:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills-#1 Shooters		SP3
300	15 x 20 on :30 100 Back Pace		SP2
	1 on 8:00 Video Evaluations 2 positives		REC
300	15 x 20 on :30 100 Breast/Fly Pace		SP2
	1 on 10:00 Racing Skills-Relay Starts		REC
300	15 x 20 on :30 100 Free Pace		SP2
	1 on 10:00 Indvdl Prsrctns		REC
	5:26 PM 1,125 Yards - Stress Value = 99		

Workout #23290 - Wednesday, 20 February 2019

Group 3 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-ups
150	10 x 15 on :45 Shooters
1,750	1x{5 x 50 on :45 Kick {2 x 100 on 2:00 Kick 2 weakest kicks {4 x 50 on :45 Kick {2 x 100 on 1:55 Kick 2 weakest kicks {3 x 50 on :45 Kick {2 x 100 on 1:50 Kick 2 weakest kicks {2 x 50 on :45 Kick {2 x 100 on 1:45 Kick 2 weakest kicks {1 x 50 on :45 Kick {2 x 100 on 1:40 Kick 2 weakest kicks
1,500	1x{3 x 100 on 1:30 Lungbuster pulls { Breathe 6-7-8-9 cont. {3 x 100 on 1:25 Lungbuster pulls { Breathe 5-6-7-8 cont. {3 x 100 on 1:20 Lungbuster pulls { Breathe 4-5-6-7 cont. {3 x 100 on 1:15 Lungbuster pulls { Breathe 3-4-5-6 cont. {3 x 100 on 1:10 Lungbuster pulls { Breathe 2-3-4-5 cont.
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,060	1x{5 x 100 on 1:30 Breaststroke {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {4 x 100 on 1:30 Breaststroke {3 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {3 x 100 on 1:30 Breaststroke {4 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {2 x 100 on 1:30 Breaststroke {5 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {1 x 100 on 1:30 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	7:30 PM 6,360 Yards - Stress Value = 113

Workout #23291 - Wednesday, 20 February 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,550 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-6sec
 {2 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-5sec
 {3 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-4sec
 {1 x 150 on 2:30 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-2sec
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,900 1x{1 x 500 on 6:15 Pull-BTB
 {5 x 100 on 1:20 Free NBBF&W
 {2 x 400 on 5:15 Pulls BTS
 {3 x 100 on 1:20 Free NBBF&W
 {3 x 200 on 2:35 Pulls-no br L.12 yds
 {2 x 100 on 1:20 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:45 PM 6,150 Yards - Stress Value = 170

Workout #23292 - Wednesday, 20 February 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,400 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-6sec
 {2 x 125 on 2:25 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-5sec
 {3 x 100 on 1:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-4sec
 {4 x 75 on 1:25 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,500 1x{1 x 400 on 5:50 Pull-BTB
 {4 x 100 on 1:30 Free NBBF&W
 {2 x 300 on 4:25 Pulls BTS
 {3 x 100 on 1:30 Free NBBF&W
 {3 x 200 on 2:55 Pulls-no br L.12 yds
 {2 x 100 on 1:30 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:44 PM 5,525 Yards - Stress Value = 159

Workout #23293 - Wednesday, 20 February 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-6sec
 {2 x 125 on 2:50 Free Kick w/board

{1 x 100 on 2:30 Free Kick w/board-5sec
 {3 x 100 on 2:15 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-4sec
 {2 x 50 on 1:15 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,150 1x{1 x 400 on 7:00 Pull-BTB
 {3 x 100 on 1:45 Free NBBF&W
 {2 x 300 on 5:15 Pulls BTS
 {2 x 100 on 1:45 Free NBBF&W
 {3 x 200 on 3:30 Pulls-no br L.12 yds
 {1 x 50 on :50 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:45 PM 4,800 Yards - Stress Value = 135

Workout #23294 - Wednesday, 20 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23295 - Wednesday, 20 February 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:00 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-6sec
 {2 x 125 on 3:20 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board-5sec
 {2 x 150 on 4:00 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 400 on 8:20 Pull-BTB
 {4 x 100 on 2:10 Free NBBF&W
 {1 x 300 on 6:30 Pulls BTS
 {3 x 100 on 2:10 Free NBBF&W
 {1 x 200 on 4:20 Pulls-no br L.12 yds
 {1 x 100 on 2:10 Free NBBF&W
 550 22 x 25 on :40 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:43 PM 4,025 Yards - Stress Value = 115

Workout #23296 - Wednesday, 20 February 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 3:15 Free Kick w/board for time
 {1 x 150 on 4:30 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-6sec
 {2 x 125 on 3:45 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board-5sec
 {2 x 100 on 3:15 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 400 on 11:00 Pull-BTB
 {4 x 100 on 2:45 Free NBBF&W
 {1 x 300 on 8:15 Pulls BTS
 {2 x 100 on 2:45 Free NBBF&W
 500 20 x 25 on :45 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:43 PM 3,475 Yards - Stress Value = 100

{1 x 100 on 1:45 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:25 Kick
 1,800 18 x 100 on 1:20 Lungbuster pulls
 Odds breathe 3-5-7-9, evens 2-4-6-8 by the
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,600 1x{2 x 125 on 1:45 Fly 100 2-2, 25 whole stroke
 {1 x 100 on 1:15 Freestyle
 {6 x 25 on :30 Fly lup1down
 {2 x 125 on 1:45 Fly 75 2-3, 50 whole stroke
 {2 x 100 on 1:15 Freestyle
 {6 x 25 on :30 Fly lup2down
 {2 x 125 on 1:50 Fly 50 2-4, 75 whole stroke
 {3 x 100 on 1:15 Freestyle
 {6 x 25 on :30 Fly lup3down
 {2 x 125 on 1:50 Fly 25 2-5, 100 whole stroke
 {4 x 100 on 1:15 Freestyle
 {6 x 25 on :30 Fly lup4down
 400 8 x 50 on 1:00 Stroke Drills
 8:30 AM 7,050 Yards - Stress Value = 119

Workout #23299 - Wednesday, 20 February 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 2:30 Free Kick w/board for time
 {2 x 150 on 2:45 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board-6sec
 {2 x 150 on 2:45 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board-5sec
 {2 x 150 on 2:45 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,900 1x{1 x 400 on 5:40 Pull-BTB
 {4 x 100 on 1:30 Free NBBF&W
 {1 x 300 on 4:15 Pulls BTS
 {4 x 100 on 1:25 Free NBBF&W
 {1 x 200 on 2:50 Pulls-no br L.12 yds
 {2 x 100 on 1:20 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,800 Yards - Stress Value = 143

Workout #23297 - Thursday, 14 February 2019

Group 3 - IM'ers

1 minute rest between sets

6:00 AM Start
 Yards Set Description
 =====
 1 on 10:00 DS>Showers
 800 1 x 800 on 12:00 200 Choice/200 Rev IM drill
 200 Top Hat/200 Choice
 150 10 x 15 on :45 Shooters
 1,500 1x{1 x 100 on 1:10 Free 1:06 or faster
 {1 x 100 on 1:15 75 free 25 Fly
 {1 x 100 on 1:20 50 Free 50 Fly
 {1 x 100 on 1:25 25 Free 25 Fly
 {1 x 100 on 1:30 Butterfly-1:14 or faster
 {1 x 100 on 1:10 Free 1:05 or faster
 {1 x 100 on 1:15 75 Free 25 back
 {1 x 100 on 1:20 50 free 50 back
 {1 x 100 on 1:25 25 Free 75 Back
 {1 x 100 on 1:30 Backstroke 1:15 or faster
 {1 x 100 on 1:10 Free 1:04 or faster
 {1 x 100 on 1:20 75 Free 25 breast
 {1 x 100 on 1:25 50 Free 50 Breast
 {1 x 100 on 1:30 25 Free 75 Breast
 {1 x 100 on 1:35 Breast-1:22 or faster
 100 1 x 100 on 1:30 EZ-choice
 750 30 x 25 on :30 USRPT-100 Fly Pace
 200 1 x 200 on 3:00 Stroke Drills
 7:16 AM 3,500 Yards - Stress Value = 111

Workout #23298 - Saturday, 16 February 2019

Group 3 - Fly

1 minute rest between sets

6:15 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 600 1 x 600 on 10:00 Underwater trn drill
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 1:25 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 {1 x 100 on 1:50 Kick
 {1 x 100 on 1:55 Kick
 {1 x 100 on 1:50 Kick

Workout #23300 - Wednesday, 20 February 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,150	1x{1 x 100 on 2:30 Free Kick w/board for time
	{2 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-6sec
	{2 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-5sec
	{1 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-6sec
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{1 x 400 on 6:00 Pull-BTB
	{3 x 100 on 1:35 Free NBBF&W
	{2 x 300 on 4:30 Pulls BTS
	{2 x 100 on 1:30 Free NBBF&W
	{1 x 200 on 3:00 Pulls-no br L.12 yds
	{1 x 100 on 1:25 Free NBBF&W
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,575 Yards - Stress Value = 140

Workout #23301 - Wednesday, 20 February 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 2:45 Free Kick w/board for time
	{2 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-6sec
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-5sec
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-4 sec
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,550	1x{1 x 400 on 7:00 Pull-BTB
	{3 x 100 on 1:50 Free NBBF&W
	{1 x 300 on 5:15 Pulls BTS
	{2 x 100 on 1:45 Free NBBF&W
	{1 x 200 on 3:30 Pulls-no br L.12 yds
	{3 x 50 on :50 Free NBBF&W
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,000 Yards - Stress Value = 119

Workout #23302 - Wednesday, 20 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{1 x 100 on 2:45 Free Kick w/board for time
	{2 x 150 on 3:45 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-6sec
	{1 x 150 on 3:45 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-5sec
	{1 x 150 on 3:45 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills

	{ Evens-underwaters, count kicks
1,450	1x{1 x 400 on 7:40 Pull-BTB
	{3 x 100 on 2:00 Free NBBF&W
	{1 x 250 on 4:45 Pulls BTS
	{2 x 100 on 1:55 Free NBBF&W
	{1 x 200 on 3:50 Pulls-no br L.12 yds
	{1 x 100 on 1:50 Free NBBF&W
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,800 Yards - Stress Value = 115

Workout #23303 - Wednesday, 20 February 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{1 x 100 on 3:15 Free Kick w/board for time
	{1 x 150 on 4:00 Free Kick w/board
	{1 x 100 on 3:00 Free Kick w/board-6sec
	{1 x 150 on 4:00 Free Kick w/board
	{1 x 100 on 3:00 Free Kick w/board-5sec
	{1 x 150 on 4:00 Free Kick w/board
	{1 x 50 on 1:35 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 300 on 6:30 Pull-BTB
	{3 x 100 on 2:10 Free NBBF&W
	{1 x 250 on 5:25 Pulls BTS
	{2 x 100 on 2:10 Free NBBF&W
	{1 x 200 on 4:20 Pulls-no br L.12 yds
	{1 x 50 on 1:05 Free NB L.12 yds
550	22 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,450 Yards - Stress Value = 103

Workout #23304 - Wednesday, 20 February 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
750	1x{1 x 100 on 3:15 Free Kick w/board for time
	{2 x 150 on 4:30 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board-6sec
	{1 x 150 on 4:30 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board-5sec
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 200 on 5:30 Pull-BTB
	{3 x 100 on 2:45 Free NBBF&W
	{1 x 200 on 5:30 Pulls BTS
	{2 x 100 on 2:45 Free NBBF&W
	{1 x 100 on 2:45 Pull-No breath L.12 yds
500	20 x 25 on :45 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,050 Yards - Stress Value = 91

Workout #23305 - Wednesday, 20 February 2019

6:57 PM 2,500 Yards - Stress Value = 67

Group 2 - Taper-Platinum
1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:30 Free Kick w/board for time
	{1 x 150 on 2:45 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-6sec
	{1 x 150 on 2:45 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board-5sec
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 400 on 5:40 Pull-BTB
	{1 x 100 on 1:30 Free NBBF&W
	{1 x 300 on 4:15 Pulls BTS
	{1 x 100 on 1:25 Free NBBF&W
	{1 x 200 on 2:50 Pulls-no br L.12 yds
375	15 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	6:56 PM 2,925 Yards - Stress Value = 78

Workout #23308 - Wednesday, 20 February 2019

Group 2 - Taper SilverBronze
1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:45 Free Kick w/board for time
	{1 x 150 on 3:45 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board-6sec
	{1 x 150 on 3:45 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 400 on 7:40 Pull-BTB
	{1 x 100 on 2:00 Free NBBF&W
	{1 x 250 on 4:45 Pulls BTS
	{1 x 100 on 1:55 Free NBBF&W
325	13 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	6:57 PM 2,400 Yards - Stress Value = 65

Workout #23306 - Wednesday, 20 February 2019

Workout #23309 - Wednesday, 20 February 2019

Group 2 - Taper-Gold
1 minute rest between sets

Group 2 - Taper-Bronze
1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:30 Free Kick w/board for time
	{1 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-6sec
	{1 x 150 on 2:55 Free Kick w/board
	{1 x 100 on 2:10 Free Kick w/board-5sec
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 400 on 6:00 Pull-BTB
	{1 x 100 on 1:35 Free NBBF&W
	{1 x 300 on 4:30 Pulls BTS
	{1 x 100 on 1:30 Free NBBF&W
	{1 x 200 on 3:00 Pulls-no br L.12 yds
375	15 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	6:57 PM 2,850 Yards - Stress Value = 78

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
400	1x{1 x 100 on 3:15 Free Kick w/board for time
	{1 x 150 on 4:00 Free Kick w/board
	{1 x 100 on 3:00 Free Kick w/board-6sec
	{1 x 50 on 2:00 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 300 on 6:30 Pull-BTB
	{1 x 100 on 2:10 Free NBBF&W
	{1 x 250 on 5:25 Pulls BTS
	{1 x 100 on 2:10 Free NBBF&W
275	11 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	6:57 PM 2,125 Yards - Stress Value = 57

Workout #23307 - Wednesday, 20 February 2019

Workout #23310 - Wednesday, 20 February 2019

Group 2 - Taper-Silver
1 minute rest between sets

Group 2 - Taper-Copper
1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 2:45 Free Kick w/board for time
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board-6sec
	{1 x 150 on 3:20 Free Kick w/board
	{1 x 50 on 1:20 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 400 on 7:00 Pull-BTB
	{1 x 100 on 1:50 Free NBBF&W
	{1 x 300 on 5:15 Pulls BTS
	{1 x 100 on 1:45 Free NBBF&W
325	13 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
400	1x{1 x 100 on 3:15 Free Kick w/board for time
	{1 x 150 on 4:30 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board-6sec
	{1 x 50 on 1:30 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	1x{1 x 200 on 5:30 Pull-BTB
	{1 x 100 on 2:45 Free NBBF&W
	{1 x 200 on 5:30 Pulls BTS
	{1 x 100 on 2:45 Free NBBF&W
250	10 x 25 on :45 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	6:57 PM 1,950 Yards - Stress Value = 51

Workout #23311 - Thursday, 21 February 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY W
5:00 PM	Start	
150	1 on 10:00 Dynamic Stretch	REC
750	10 x 15 on :45 Racing Skills-#1 Shooters	SP3
750	15 x 50 on :50 #2 200 Pace	SP2
375	1 on 15:00 Racing Skills-Relay/Reg Starts	REC
150	15 x 25 on :30 #1 100 Pace	SP2
150	1 x 150 on 4:00 Choice	REC
6:01 PM	1,425 Yards - Stress Value = 119	

600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
1,050	1x{4 x 25 on :30 Kick no board S-12KOW+1 {1 x 50 on :50 Fly Kick w/board
	{1 x 100 on 1:45 Fly Kick w/board
	{1 x 150 on 2:35 Fly Kick w/board
	{4 x 25 on :30 Kick no board S-13KOW+1
	{1 x 50 on :50 Fly Kick w/board
	{2 x 100 on 1:45 Fly Kick w/board
	{2 x 150 on 2:35 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,850 Yards - Stress Value = 102

Workout #23312 - Thursday, 21 February 2019

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
600	1 on 12:00 DS/Showers
150	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
700	10 x 15 on :45 Shooters
1,300	1x{1 x 200 on 2:55 Butterfly {2 x 25 on :30 200 Free Pace {1 x 200 on 2:50 Butterfly {2 x 25 on :30 200 Free Pace {1 x 200 on 2:45 Butterfly
	1x{4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:25 Kick {1 x 100 on 1:30 Kick {1 x 100 on 1:35 Kick {8 x 25 on :30 Kick no board BSLR {1 x 100 on 1:30 Kick {1 x 100 on 1:35 Kick {1 x 100 on 1:40 Kick {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:35 Kick {1 x 100 on 1:40 Kick {1 x 100 on 1:45 Kick
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 2:50 Butterfly {2 x 25 on :30 200 Free Pace {1 x 200 on 2:45 Butterfly {2 x 25 on :30 200 Free Pace {1 x 200 on 2:40 Butterfly
1,500	1x{2 x 200 on 2:40 Pulls-no br L.12 yds {2 x 175 on 2:20 Pulls-no br L.12 yds {2 x 150 on 2:00 Pulls-no br L.12 yds {2 x 125 on 1:40 Pulls-no br L.12 yds {2 x 100 on 1:20 Pulls-no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 2:45 Butterfly {2 x 25 on :30 200 Free Pace {1 x 200 on 2:40 Butterfly {2 x 25 on :30 200 Free Pace {1 x 200 on 2:35 Butterfly
200	1 x 200 on 3:00 Stroke Drills
100	1 x 100 on 4:00 Fly for time OTB
250	1 x 250 on 4:00 Stroke Drills
7:28 PM	6,400 Yards - Stress Value = 105

Workout #23313 - Thursday, 21 February 2019

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland

Workout #23314 - Thursday, 21 February 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
850	1x{4 x 25 on :35 Kick no board S-12KOW+1 {1 x 50 on 1:00 Fly Kick w/board
	{1 x 100 on 2:05 Fly Kick w/board
	{1 x 150 on 3:15 Fly Kick w/board
	{4 x 25 on :35 Kick no board S-13KOW+1
	{2 x 50 on 1:00 Fly Kick w/board
	{1 x 100 on 2:05 Fly Kick w/board
	{1 x 150 on 3:15 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,600 Yards - Stress Value = 98

Workout #23315 - Thursday, 21 February 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
750	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:10 Fly Kick w/board
	{1 x 100 on 2:25 Fly Kick w/board
	{1 x 150 on 3:35 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
	{2 x 100 on 2:25 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,325 Yards - Stress Value = 83

Workout #23316 - Thursday, 21 February 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
700	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:20 Fly Kick w/board {1 x 100 on 2:40 Fly Kick w/board {1 x 150 on 4:00 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1 {2 x 50 on 1:20 Fly Kick w/board {1 x 100 on 2:40 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,150 Yards - Stress Value = 75

Workout #23317 - Thursday, 21 February 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
600	1x{4 x 25 on :45 Kick no board S-12KOW+1 {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 3:00 Fly Kick w/board {1 x 150 on 4:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board S-13KOW+1 {1 x 100 on 3:00 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	1,950 Yards - Stress Value = 68

Workout #23318 - Thursday, 21 February 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
500	1x{4 x 25 on 1:00 Kick no board S-12KOW+1 {1 x 50 on 2:00 Fly Kick w/board {1 x 100 on 4:00 Fly Kick w/board
	{4 x 25 on :45 Kick no board S-13KOW+1 {1 x 50 on 2:00 Fly Kick w/board {1 x 100 on 4:00 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	1,675 Yards - Stress Value = 54

Workout #23319 - Thursday, 21 February 2019

Group 2 - Taper-Platinum

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Fly Pace
650	1x{4 x 25 on :30 Kick no board S-12KOW+1 {1 x 50 on :50 Fly Kick w/board {1 x 100 on 1:45 Fly Kick w/board {1 x 150 on 2:35 Fly Kick w/board
	{6 x 25 on :30 Kick no board S-13KOW+1 {2 x 50 on :50 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:04 PM	2,025 Yards - Stress Value = 57

Workout #23320 - Thursday, 21 February 2019

Group 2 - Taper-Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Fly Pace
500	1x{4 x 25 on :35 Kick no board S-12KOW+1 {1 x 50 on 1:00 Fly Kick w/board {1 x 100 on 2:05 Fly Kick w/board {1 x 150 on 3:15 Fly Kick w/board
	{4 x 25 on :35 Kick no board S-13KOW+1
200	1 x 200 on 4:00 Stroke Drills
7:03 PM	1,825 Yards - Stress Value = 54

Workout #23321 - Thursday, 21 February 2019

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Fly Pace
475	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:10 Fly Kick w/board {1 x 100 on 2:25 Fly Kick w/board {1 x 150 on 3:35 Fly Kick w/board
	{3 x 25 on :40 Kick no board S-13KOW+1
200	1 x 200 on 4:00 Stroke Drills
7:04 PM	1,700 Yards - Stress Value = 48

Workout #23322 - Thursday, 21 February 2019

Group 2 - Taper SilverBronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Fly Pace
450	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:20 Fly Kick w/board {1 x 100 on 2:40 Fly Kick w/board {1 x 150 on 4:00 Fly Kick w/board
	{2 x 25 on :40 Kick no board S-13KOW+1
200	1 x 200 on 4:00 Stroke Drills
	7:04 PM 1,575 Yards - Stress Value = 43

Workout #23323 - Thursday, 21 February 2019

Group 2 - Taper-Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Fly Pace
400	1x{4 x 25 on :45 Kick no board S-12KOW+1 {1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 3:00 Fly Kick w/board {1 x 150 on 4:30 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:04 PM 1,450 Yards - Stress Value = 39

Workout #23324 - Thursday, 21 February 2019

Group 2 - Taper-Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Fly
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	8 x 25 on 1:00 USRPT-100 Fly Pace
350	1x{4 x 25 on 1:00 Kick no board S-12KOW+1 {1 x 50 on 2:00 Fly Kick w/board {1 x 100 on 4:00 Fly Kick w/board {2 x 25 on :45 Kick no board S-13KOW+1 {1 x 50 on 2:00 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:06 PM 1,300 Yards - Stress Value = 33

Workout #23325 - Monday, 25 February 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
225	15 x 15 on :45 Racing Skills-Free Shooters

750	15 x 50 on :50 200 Fly Pace	S
	1 on 5:00 Video Evaluations-2 positives	F
750	15 x 50 on :50 200 Back Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
375	15 x 25 on :30 100 Breast Pace	S
	1 on 10:00 Video Evaluations	F
375	15 x 25 on :30 100 Free Pace	S
	5:50 PM 2,775 Yards - Stress Value = 241	

Workout #23326 - Monday, 25 February 2019

Group 3 - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,800	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:30 Kick {6 x 25 on :30 Kick no board BSLRBS {1 x 150 on 2:25 Kick {8 x 25 on :30 Kick no board BSLR {1 x 150 on 2:20 Kick {8 x 25 on :30 Kick no board BSLR {1 x 150 on 2:15 Kick {6 x 25 on :30 Kick no board BSLRBS {1 x 150 on 2:10 Kick {4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:05 Kick
1,300	1x{2 x 200 on 2:40 Pull 1 breath L.25 {2 x 175 on 2:20 Pull 1 breath L.25 {2 x 150 on 2:00 Pull 1 breath L.25 {2 x 125 on 1:40 Pull 1 breath L.25
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	1x{1 x 300 on 3:45 Freestyle {1 x 200 on 2:30 Freestyle {1 x 100 on 1:15 Freestyle {3 x 100 on 1:30 Free-descend {1 x 300 on 3:40 Freestyle {1 x 200 on 2:25 Freestyle {1 x 100 on 1:10 Freestyle {3 x 100 on 1:30 Free-descend {1 x 300 on 3:35 Freestyle {1 x 200 on 2:20 Freestyle {1 x 100 on 1:05 Freestyle {3 x 100 on 1:30 Free-descend
350	7 x 50 on 1:00 Stroke Drills
	6:30 PM 7,100 Yards - Stress Value = 111

Workout #23327 - Monday, 25 February 2019

Group 2 - Taper-Platinum
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{1 x 50 on :50 Fly Kick w/board
 {1 x 100 on 1:45 Fly Kick w/board
 {1 x 150 on 2:35 Fly Kick w/board
 {4 x 25 on :30 Kick no board S-13KOW+1
 {1 x 50 on :50 Fly Kick w/board
 {1 x 100 on 1:45 Fly Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 4x{6 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 375 15 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 3:00 Stroke Drills
 7:00 PM 2,525 Yards - Stress Value = 67

Workout #23328 - Monday, 25 February 2019

Group 2 - Taper-Gold
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{1 x 50 on 1:00 Fly Kick w/board
 {1 x 100 on 2:05 Fly Kick w/board
 {1 x 150 on 3:15 Fly Kick w/board
 {4 x 25 on :35 Kick no board S-13KOW+1
 {1 x 50 on 1:00 Fly Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 4x{6 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 375 15 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 3:00 Stroke Drills
 7:02 PM 2,375 Yards - Stress Value = 65

Workout #23329 - Monday, 25 February 2019

Group 2 - Taper-Silver
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{1 x 50 on 1:10 Fly Kick w/board
 {1 x 100 on 2:25 Fly Kick w/board
 {1 x 150 on 3:35 Fly Kick w/board
 {4 x 25 on :40 Kick no board S-13KOW+1
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 450 3x{6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 325 13 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 3:00 Stroke Drills
 7:00 PM 2,075 Yards - Stress Value = 55

Workout #23330 - Monday, 25 February 2019

Group 2 - Taper SilverBronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{1 x 50 on 1:20 Fly Kick w/board
 {1 x 100 on 2:40 Fly Kick w/board
 {1 x 150 on 4:00 Fly Kick w/board
 {2 x 25 on :40 Kick no board S-13KOW+1
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 450 3x{6 x 25 on :40 Butterfly
 {1 on 1:00 Rest
 1 on 10:00 Racing Skills-Starts
 275 11 x 25 on :40 USRPT-100 Fly Pace
 200 1 x 200 on 3:00 Stroke Drills
 7:01 PM 1,925 Yards - Stress Value = 50

Workout #23331 - Monday, 25 February 2019

Group 2 - Taper-Bronze
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{1 x 50 on 1:30 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board
 {2 x 25 on :45 Kick no board S-13KOW+1
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 450 3x{6 x 25 on :45 Butterfly
 {1 on 1:00 Rest
 250 10 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 3:00 Stroke Drills
 7:04 PM 1,850 Yards - Stress Value = 47

Workout #23332 - Monday, 25 February 2019

Group 2 - Taper-Copper
1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 250 1x{1 x 50 on 2:00 Fly Kick w/board
 {1 x 100 on 4:00 Fly Kick w/board
 {4 x 25 on :45 Kick no board S-13KOW+1
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 450 3x{6 x 25 on :45 Butterfly
 {1 on 1:00 Rest
 250 10 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 3:00 Stroke Drills
 7:02 PM 1,700 Yards - Stress Value = 45

Workout #23333 - Tuesday, 26 February 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
1	on 12:00 DS>Showers	REC
375	15 x 25 on :45 Racing Skills-Back Shooters	SP3
750	15 x 50 on :55 200 Breast Pace	SP2
1	on 8:00 Video Evaluations 2 positives	REC
750	15 x 50 on :50 200 Free Pace	SP2
1	on 10:00 Racing Skill-Timed starts to 15m	SP3
375	15 x 25 on :30 100 Fly Pace	SP2
1	on 5:00 Video Evaluations	REC
375	15 x 25 on :30 100 Back Pace	SP2
5:49 PM 2,625 Yards - Stress Value = 241		

Workout #23334 - Tuesday, 26 February 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description
1	on 12:00 DS>Showers
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
800	10x{1 x 40 on :01 Sprint kick {1 x 40 on 1:59 Sprint free no 1 breath { 12 yd under water fly kick
1,500	1x{5 x 100 on 1:30 Pulls BTB {4 x 100 on 1:25 Pulls BTS {3 x 100 on 1:20 Pulls BTS {2 x 100 on 1:15 Pulls BTB {1 x 100 on 1:10 Pulls br on 5
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,200	1x{4 x 100 on 1:30 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :40 Backstroke {4 x 100 on 1:25 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :40 Backstroke {4 x 100 on 1:20 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :40 Backstroke {4 x 100 on 1:15 Backstroke {1 x 50 on :50 Backstroke {1 x 50 on :45 Backstroke {1 x 50 on :40 Backstroke
500	1 on 10:00 Racing Skills-Starts 10 x 50 on 1:00 Stroke Drills
6:29 PM 5,950 Yards - Stress Value = 66	

Workout #23335 - Tuesday, 26 February 2019

Group 2 - Taper-Platinum

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:30 Free Kick w/board for time {1 x 150 on 2:30 Free Kick w/board {1 x 100 on 2:00 Free Kick w/board-6sec {1 x 150 on 2:30 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 400 on 5:00 Pull-BTB

	{2 x 100 on 1:20 Free NBBF&W
	{1 x 300 on 3:50 Pulls BTS
	{2 x 100 on 1:20 Free NBBF&W
375	15 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills
7:02 PM 2,975 Yards - Stress Value = 76	

Workout #23336 - Tuesday, 26 February 2019

Group 2 - Taper-Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 35:00 DS/Dryland
550	1 x 550 on 9:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 2:30 Free Kick w/board for time {1 x 150 on 2:55 Free Kick w/board {1 x 100 on 2:10 Free Kick w/board-6sec {2 x 50 on :55 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 400 on 5:50 Pull-BTB {2 x 100 on 1:30 Free NBBF&W {1 x 300 on 4:25 Pulls BTS {1 x 100 on 1:30 Free NBBF&W
375	15 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills
7:02 PM 2,775 Yards - Stress Value = 73	

Workout #23337 - Tuesday, 26 February 2019

Group 2 - Taper-Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
1	on 35:00 DS/Dryland
500	1 x 500 on 9:00 Sun Yang Freestyle
150	10 x 15 on :45 Shooters
400	1x{1 x 100 on 2:45 Free Kick w/board for time {1 x 150 on 3:20 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board-6sec {1 x 50 on 1:05 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{1 x 300 on 5:15 Pull-BTB {1 x 100 on 1:45 Free NBBF&W {1 x 300 on 5:15 Pulls BTS {1 x 100 on 1:45 Free NBBF&W
325	13 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills
7:01 PM 2,425 Yards - Stress Value = 62	

Workout #23338 - Tuesday, 26 February 2019

Group 2 - Taper SilverBronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Sun Yang Freestyle
350	10 x 15 on :45 Shooters
1x{1 x 100 on 2:45 Free Kick w/board for time	
	{ 1 x 150 on 3:45 Free Kick w/board
	{ 1 x 100 on 2:45 Free Kick w/board-6sec
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 400 on 7:40 Pull-BTB
	{ 1 x 100 on 1:55 Free NBBF&W
	{ 1 x 200 on 3:50 Pulls BTS
	{ 1 x 50 on :55 Free NBBF&W
325	13 x 25 on :35 USRPT-100 Free
200	1 on 10:00 Racing Skills-Straight Arm Finis
	1 x 200 on 4:00 Stroke Drills
	7:02 PM 2,275 Yards - Stress Value = 60

Workout #23339 - Tuesday, 26 February 2019

Group 2 - Taper-Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Sun Yang Freestyle
350	10 x 15 on :45 Shooters
1x{1 x 100 on 3:15 Free Kick w/board for time	
	{ 1 x 150 on 4:00 Free Kick w/board
	{ 1 x 100 on 3:00 Free Kick w/board-6sec
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	1x{1 x 300 on 6:15 Pull-BTB
	{ 1 x 100 on 2:10 Free NBBF&W
	{ 1 x 200 on 4:20 Pulls BTS
275	11 x 25 on :40 USRPT-100 Free Pace
200	1 on 10:00 Racing Skills-Straight Arm Finis
	1 x 200 on 4:00 Stroke Drills
	7:01 PM 2,025 Yards - Stress Value = 53

Workout #23340 - Tuesday, 26 February 2019

Group 2 - Taper-Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Sun Yang Freestyle
300	10 x 15 on :45 Shooters
1x{1 x 100 on 3:15 Free Kick w/board for time	
	{ 1 x 150 on 4:30 Free Kick w/board
	{ 1 x 50 on 1:40 Free Kick w/board-6sec
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	1x{1 x 200 on 5:30 Pull-BTB
	{ 1 x 100 on 2:45 Free NBBF&W
	{ 1 x 200 on 5:30 Pulls BTS
250	10 x 25 on :45 USRPT-100 Free Pace
200	1 on 10:00 Racing Skills-Straight Arm Finis
	1 x 200 on 4:00 Stroke Drills
	7:01 PM 1,800 Yards - Stress Value = 47

Workout #23341 - Wednesday, 27 February 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
225	1 on 12:00 DS/Showers	RF
750	15 x 15 on :45 Racing Skills-Breast Shooters	SF
	15 x 50 on :50 200 Back Pace	SF
	1 on 8:00 Video Evaluations 2 positives	RF
500	20 x 25 on :30 200 Fly Pace	SF
	1 on 12:00 Racing Skills-Partner Starts	RF
375	15 x 25 on :30 100 Free Pace	SF
	1 on 8:00 Video Evaluations	RF
375	15 x 25 on :30 100 Breast Pace	SF
	5:50 PM 2,225 Yards - Stress Value = 210	

Workout #23342 - Wednesday, 27 February 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description
500	1 on 12:00 DS/Showers
	20 x 25 on :30 Wednesday Warm-up
	2-12, 4-13, 6-14, 8-15
150	10 x 15 on :45 Shooters
2,000	1x{4 x 25 on :30 Kick no board BSLR-15 KOW
	{ 4 x 150 on 2:20 Kick
	{ 4 x 25 on :30 Kick no board BSLR-14 KOW
	{ 3 x 150 on 2:15 Kick
	{ 4 x 25 on :30 Kick no board BSLR 13 KOW
	{ 2 x 150 on 2:10 Kick
	{ 4 x 25 on :30 Kick no board BSLR-12 KOW
	{ 1 x 150 on 2:05 Kick
1,000	1 x 1000 on 13:00 Lungbuster pull
	breathe 2-3-4-5-6-7 continuous, wrap around
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,450	1x{4 x 125 on 2:00 Breast L.25 3X pullouts
	{ 3 x 50 on :45 Breaststroke
	{ 4 x 125 on 1:55 Breast L.25 3X pullouts
	{ 3 x 50 on :50 Breaststroke
	{ 4 x 125 on 1:50 Breast L.25 3X pullouts
	{ 3 x 50 on :55 Breaststroke
	{ 4 x 125 on 1:45 Breast L.25 3X pullouts
50	1 x 50 on 1:00 Freestyle
100	1 x 100 on 3:00 Breast OTB
250	1 x 250 on 4:00 Stroke Drills
	6:31 PM 6,700 Yards - Stress Value = 125

Workout #23343 - Wednesday, 27 February 2019

Group 2 - Taper-Platinum
1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS>Showers
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :30 Kick no board B-10KOW+1
	{2 x 50 on 1:00 Kick-alt strmline/hands by si
	{4 x 25 on :30 Kick no board B-10KOW+1
	{2 x 50 on :55 Kick-alt strmline/hands by sic
	{4 x 25 on :30 Kick no board B-10KOW+1
	{2 x 50 on :50 Kick-alt strmline/hands by sic
	{2 x 25 on :30 Kick no board B-10KOW+1
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 100 on 1:35 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
375	15 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:06 PM 2,875 Yards - Stress Value = 77

Workout #23344 - Wednesday, 27 February 2019

Group 2 - Taper-Gold
1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS>Showers
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :35 Kick no board B-10KOW+1
	{2 x 50 on 1:05 Kick-alt strmline/hands by si
	{4 x 25 on :35 Kick no board B-10KOW+1
	{2 x 50 on 1:00 Kick-alt strmline/hands by si
	{4 x 25 on :35 Kick no board B-10KOW+1
	{2 x 50 on :55 Kick-alt strmline/hands by sic
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{4 x 25 on :30 Back 4 KOW +1
	{1 x 100 on 1:40 Backstroke
	{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{4 x 25 on :30 Back 4 KOW +1
	{1 x 100 on 1:35 Backstroke
375	15 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:06 PM 2,650 Yards - Stress Value = 74

Workout #23345 - Wednesday, 27 February 2019

Group 2 - Taper-Silver
1 minute rest between sets

5:15 PM Start

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

150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:15 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:10 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{1 x 100 on 1:55 Backstroke
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{4 x 25 on :35 Back 4 KOW +1
	{1 x 100 on 1:50 Backstroke
	{1 x 100 on 1:45 Backstroke
	{1 x 100 on 1:40 Backstroke
	{4 x 25 on :35 Back 4 KOW +1
325	13 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:56 PM 2,350 Yards - Stress Value = 64

Workout #23346 - Wednesday, 27 February 2019

Group 2 - Taper SilverBronze
1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS>Showers
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:20 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
	{2 x 50 on 1:15 Kick-alt strmline/hands by si
	{4 x 25 on :40 Kick no board B-10KOW+1
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 100 on 2:10 Backstroke
	{1 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{4 x 25 on :40 Back 4 KOW +1
	{1 x 100 on 2:05 Backstroke
	{1 x 100 on 2:00 Backstroke
	{1 x 100 on 1:55 Backstroke
275	11 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:06 PM 2,200 Yards - Stress Value = 58

Workout #23347 - Wednesday, 27 February 2019

1 minute rest between sets

Group 2 - Taper-Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Showers
150	12 x 25 on :45 Wednesday Warm-up
400	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board B-10KOW+1
	{2 x 50 on 1:35 Kick-alt strmline/hands by si
	{4 x 25 on :45 Kick no board B-10KOW+1
	{2 x 50 on 1:30 Kick-alt strmline/hands by si
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{1 x 100 on 2:30 Backstroke
	{1 x 100 on 2:25 Backstroke
	{1 x 100 on 2:20 Backstroke
	{4 x 25 on :45 Back 4 KOW +1
	{1 x 100 on 2:25 Backstroke
	{1 x 100 on 2:20 Backstroke
	{1 x 50 on 1:00 Backstroke
250	10 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills

7:06 PM 2,000 Yards - Stress Value = 52

4:30 PM Start

Yards	Set Description
600	1 on 12:00 DS/Showers
150	1 x 600 on 10:00 Underwater trn drill
1,600	10 x 15 on :45 Shooters
	1x{1 x 200 on 3:05 Kick
	{6 x 25 on :30 Kick weak kick
	{2 x 150 on 2:15 Kick
	{6 x 25 on :30 Kick weak kick
	{3 x 100 on 1:25 Kick
	{6 x 25 on :30 Kick weak kick
	{4 x 50 on :40 Kick
	{6 x 25 on :30 Kick weak kick
900	1x{6 x 50 on :50 Pulls-nbbf&w + 2 yds
	{5 x 50 on :45 Pulls-nbbf&w + 2.5 yds
	{4 x 50 on :40 Pulls-nbbf&w + 3 yds
	{3 x 50 on :35 Pulls-nbbf&w + 3.5 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,100	1x{4 x 100 on 1:35 4 strokes fly off walls
	{3 x 100 on 1:30 4 strokes fly off walls
	{2 x 100 on 1:25 4 strokes fly off walls
	{1 x 100 on 1:20 Butterfly
	{1 x 50 on 1:00 Freestyle
	{4 x 100 on 1:30 4 strokes fly off walls
	{3 x 100 on 1:25 4 strokes fly off walls
	{2 x 100 on 1:20 4 strokes fly off walls
	{1 x 100 on 1:15 Butterfly
	{1 x 50 on 1:00 Freestyle
	{4 x 100 on 1:25 4 strokes fly off walls
	{3 x 100 on 1:20 4 strokes fly off walls
	{2 x 100 on 1:15 4 strokes fly off walls
	{1 x 100 on 1:10 Butterfly
350	7 x 50 on 1:00 Stroke Drills

6:45 PM 6,900 Yards - Stress Value = 118

Workout #23348 - Wednesday, 27 February 2019

Group 2 - Taper-Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Showers
150	12 x 25 on :45 Wednesday Warm-up
350	10 x 15 on :45 Shooters
	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
	{2 x 25 on 1:00 Kick no board B-10KOW+1
	{2 x 50 on 1:55 Kick-alt strmline/hands by si
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	1x{1 x 100 on 3:00 Backstroke
	{1 x 100 on 2:55 Backstroke
	{1 x 100 on 2:50 Backstroke
	{4 x 25 on :45 Back 4 KOW +1
	{1 x 100 on 2:55 Backstroke
250	10 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills

7:06 PM 1,800 Yards - Stress Value = 48

Workout #23351 - Thursday, 28 February 2019

Group 2 - Taper-Platinum

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts/pullouts
200	1 x 200 on 4:00 Stroke Drills

7:05 PM 1,425 Yards - Stress Value = 38

Workout #23349 - Thursday, 28 February 2019

Group 3 - USRPT

1 minute rest between sets

4:30 PM Start

Yards	Set Description	EGY
150	1 on 10:00 DS/Showers	REC
750	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
	15 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Walking	REC
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Walking	REC
375	15 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Walking	REC
375	15 x 25 on :30 100 Fly Pace	SP2

5:50 PM 2,400 Yards - Stress Value = 232

Workout #23352 - Thursday, 28 February 2019

Group 2 - Taper-Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills

7:05 PM 1,375 Yards - Stress Value = 38

Workout #23350 - Thursday, 28 February 2019

Group 3 - Fly

Workout #23353 - Thursday, 28 February 2019

Group 2 - Taper-Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1	on 26:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT-100 Breast Pace
1	on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:05 PM	1,275 Yards - Stress Value = 34

Workout #23354 - Thursday, 28 February 2019

Group 2 - Taper SilverBronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
450	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1	on 26:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Breast Pace
1	on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:05 PM	1,200 Yards - Stress Value = 31

Workout #23355 - Thursday, 28 February 2019

Group 2 - Taper-Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
400	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1	on 26:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Breast Pace
1	on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:05 PM	1,150 Yards - Stress Value = 31

Workout #23356 - Thursday, 28 February 2019

Group 2 - Taper-Copper

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1	on 26:00 TEACH DAY-Breast
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Breast Pace
1	on 10:00 Racing Skills-starts/pullouts
200	1 x 200 on 4:00 Stroke Drills
7:05 PM	1,100 Yards - Stress Value = 31

Workout #23357 - Monday, 04 March 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
1	on 10:00 DS>Showers
225	15 x 15 on :45 Racing Skills-Free shooters
375	15 x 25 on :30 100 Fly Pace
1	on 8:00 Video Evaluations
750	15 x 50 on :50 200 Free Pace
1	on 8:00 Video Evaluations 2 positives
225	15 x 15 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
750	15 x 50 on :50 200 Back Pace
5:49 PM	2,625 Yards - Stress Value = 225

Workout #23358 - Monday, 04 March 2019

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
1	on 12:00 DS>Showers
400	1 x 400 on 8:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
900	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:30 Kick {1 x 100 on 1:40 Kick {1 x 50 on :50 Kick {4 x 25 on :30 Kick no board BSLR {1 x 150 on 2:30 Kick {1 x 100 on 1:40 Kick {1 x 50 on :50 Kick {4 x 25 on :30 Kick no board BSLR
100	2x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 600 on 8:00 Free Neg Split {1 x 500 on 6:40 Free L.25 of each 100 6BK {1 x 400 on 5:20 Free descend 100's {1 x 300 on 4:00 Free SFBO SW/3KOBHW {1 x 200 on 2:40 Free-build each 50 {1 x 100 on 1:20 Free-100% 1 on 10:00 Racing Skills-Starts
250	1 x 250 on 5:00 Stroke Drills
5:50 PM	3,900 Yards - Stress Value = 46

Workout #23359 - Monday, 04 March 2019

Group 2 - IM'ers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Streamline Kick on back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Breast Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 3:10 Individual Medley
 {6 x 25 on :30 Fly lup2down
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :30 Back 5KOW+1
 {1 x 200 on 3:00 Individual Medley
 {6 x 25 on :30 Breast 2K1P
 {1 x 200 on 2:55 Individual Medley
 375 15 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,375 Yards - Stress Value = 83

Workout #23360 - Monday, 04 March 2019

Group 2 - Taper-Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Streamline Kick on back
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 3:20 Individual Medley
 {4 x 25 on :35 Fly lup2down
 {1 x 200 on 3:15 Individual Medley
 {4 x 25 on :35 Back 5KOW+1
 {1 x 200 on 3:10 Individual Medley
 {6 x 25 on :35 Breast 2K1P
 {1 x 200 on 3:05 Individual Medley
 {2 x 25 on :30 Free 6BK
 375 15 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,175 Yards - Stress Value = 80

Workout #23361 - Monday, 04 March 2019

Group 2 - Taper-Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR

{1 x 100 on 2:30 Streamline Kick on back
 {2 x 25 on :40 Kick no board BS
 {1 x 100 on 2:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 200 on 3:40 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:35 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 150 on 2:35 IM w/out the free
 325 13 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,875 Yards - Stress Value = 70

Workout #23362 - Monday, 04 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on back
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,025 1x{1 x 200 on 3:55 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:50 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:45 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 100 on 1:50 Individual Medley
 {1 x 25 on :40 Free 6BK
 325 13 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,750 Yards - Stress Value = 68

Workout #23363 - Monday, 04 March 2019

Group 2 - Taper-Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 400 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 5:00 Individual Medley
 {2 x 25 on :45 Fly lup2down
 {1 x 200 on 4:55 Individual Medley
 {4 x 25 on :45 Back 5KOW+1
 {1 x 200 on 4:50 Individual Medley
 {2 x 25 on :45 Breast 2K1P
 300 12 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:14 PM 2,350 Yards - Stress Value = 60

1 on 10:00 Racing Skills-timed back turns REC
 750 15 x 50 on :55 200 Breast Pace SP2
 5:50 PM 2,475 Yards - Stress Value = 235

Workout #23366 - Tuesday, 05 March 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 400 1 x 400 on 8:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 480 1x{12 x 40 on 1:15 BSLR underwater
 { Vertical Kick (Fr) for 20 kicks
 { 20y flutter Kick BSLR
 750 1 x 750 on 9:30 Pulls alt 100 br toward
 bleachers, 100 toward scrbd
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{5 x 100 on 1:20 Backstroke
 {4 x 25 on :30 Back Drill
 {4 x 100 on 1:15 Backstroke
 {4 x 25 on :30 Back Drill
 {2 x 100 on 1:10 Backstroke
 {4 x 25 on :30 Back Drill
 {1 x 100 on 1:05 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 5:43 PM 3,630 Yards - Stress Value = 48

Workout #23364 - Monday, 04 March 2019

Group 2 - Taper-Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 350 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 2:00 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 100 on 3:45 Individual Medley
 {4 x 25 on 1:00 Fly lup2down
 {1 x 100 on 3:40 Individual Medley
 {4 x 25 on 1:00 Back 5KOW+1
 {1 x 100 on 3:35 Individual Medley
 {2 x 25 on 1:00 Breast 2K1P
 300 12 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,000 Yards - Stress Value = 54

Workout #23367 - Tuesday, 05 March 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 700 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 1:20 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{4 x 75 on 1:10 Fly 25R-25L-25B
 {8 x 25 on :30 Fly lupdown+1
 {3 x 100 on 1:30 Fly 25R-25L-50B
 {6 x 25 on :30 Fly lupdown+1
 {2 x 125 on 1:50 Fly 25R-25L-75B
 {6 x 25 on :30 Fly lupdown+1
 375 15 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Timed partner turn
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,475 Yards - Stress Value = 85

Workout #23365 - Tuesday, 05 March 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-Back Shooters SP3
 375 15 x 25 on :30 100 Free Pace SP2
 1 on 8:00 Racing Skills-Relay Starts REC
 750 15 x 50 on :50 200 Fly Pace SP2
 1 on 8:00 Video Evaluations 2 Positives REC
 375 15 x 25 on :30 100 Back Pace SP2

Workout #23368 - Tuesday, 05 March 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :35 Kick no board BSLR
	{ 2 x 50 on 1:05 Fly Kick w/board
	{ 4 x 25 on :35 Kick no board BSLR
	{ 2 x 75 on 1:35 Fly Kick w/board
	{ 4 x 25 on :35 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{4 x 75 on 1:20 Fly 25R-25L-25B
	{ 6 x 25 on :35 Fly lupldown+1
	{ 3 x 100 on 1:50 Fly 25R-25L-50B
	{ 6 x 25 on :35 Fly lupldown+1
	{ 2 x 125 on 2:15 Fly 25R-25L-75B
325	13 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed partner turn
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,025 Yards - Stress Value = 72

Workout #23369 - Tuesday, 05 March 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	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
	{ 2 x 75 on 1:50 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{2 x 75 on 1:40 Fly 25R-25L-25B
	{ 6 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
275	11 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed Partner Turn
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,675 Yards - Stress Value = 63

Workout #23370 - Tuesday, 05 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
475	1x{4 x 25 on :40 Kick no board BSLR
	{ 3 x 50 on 1:20 Fly Kick w/board
	{ 4 x 25 on :40 Kick no board BSLR
	{ 1 x 75 on 2:00 Fly Kick w/board
	{ 2 x 25 on :40 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{4 x 75 on 2:00 Fly 25R-25L-25B
	{ 4 x 25 on :40 Fly lupldown+1
	{ 2 x 100 on 2:40 Fly 25R-25L-50B
	{ 5 x 25 on :40 Fly lupldown+1
	{ 1 x 125 on 3:20 Fly 25R-25L-75B

275	11 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed Partner Turn
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,500 Yards - Stress Value = 60

Workout #23371 - Tuesday, 05 March 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
400	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 50 on 1:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{2 x 75 on 2:15 Fly 25R-25L-25B
	{ 4 x 25 on :45 Fly lupldown+1
	{ 2 x 100 on 3:00 Fly 25R-25L-50B
	{ 4 x 25 on :45 Fly lupldown+1
	{ 1 x 125 on 3:45 Fly 25R-25L-75B
	{ 3 x 25 on :45 Fly lupldown +1
250	10 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed Partner Turn
200	1 x 200 on 4:00 Stroke Drills
	7:14 PM 2,250 Yards - Stress Value = 54

Workout #23372 - Tuesday, 05 March 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
325	1x{4 x 25 on 1:00 Kick no board BSLR
	{ 1 x 50 on 2:00 Fly Kick w/board
	{ 4 x 25 on 1:00 Kick no board BSLR
	{ 1 x 75 on 3:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
575	1x{2 x 75 on 3:00 Fly 25R-25L-25B
	{ 4 x 25 on 1:00 Fly lupldown+1
	{ 2 x 100 on 4:00 Fly 25R-25L-50B
	{ 2 x 25 on 1:00 Fly lupldown+1
	{ 1 x 75 on 3:00 Fly 25R-25L-25B
120	8 x 15 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Timed Partner Turn
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,820 Yards - Stress Value = 37

Workout #23373 - Wednesday, 06 March 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
	4:15 PM Start	
	=====	
	1 on 10:00 DS/Showers	RF
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
225	15 x 15 on :30 100 Breast Pace	SF
	1 on 8:00 Video Evaluations	RF
750	15 x 50 on :50 200 Back Pace	SF
	1 on 8:00 Video Evaluations 2 positives	RF
375	15 x 25 on :30 100 Fly Pace	SF
	1 on 10:00 Racing Skills-timed breast turns	EM
750	15 x 50 on :50 200 Free Pace	SF
	5:49 PM 2,325 Yards - Stress Value = 219	

Workout #23374 - Wednesday, 06 March 2019

Group 3 - Fly

1 minute rest between sets

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

Workout #23375 - Wednesday, 06 March 2019

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EC
	5:15 PM Start	
	=====	
	1 on 35:00 DS/Dryland	
450	18 x 25 on :30 Wednesday Warm-up	
150	10 x 15 on :45 Shooters	
700	1x{1 x 100 on 1:50 Streamline Kick on back	
	{2 x 50 on 1:00 Alt 25 kick on each side	
	{2 x 100 on 1:50 Streamline Kick on back	
	{2 x 50 on 1:00 Alt 25 kick on each side	
	{2 x 100 on 1:50 Streamline Kick on back	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,425	1x{5 x 125 on 1:55 Back alt 25's 10KOW	
	{4 x 50 on :45 Back-descend	
	{4 x 100 on 1:30 Back alt 25's 10KOW	
	{4 x 50 on :45 Back-descend	

375	15 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,400 Yards - Stress Value = 86

Workout #23376 - Wednesday, 06 March 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
	5:15 PM Start	
	=====	
	1 on 35:00 DS/Dryland	
375	15 x 25 on :35 Wednesday Warm-up	
150	10 x 15 on :45 Shooters	
650	1x{1 x 100 on 2:05 Streamline Kick on back	
	{2 x 50 on 1:05 Alt 25 kick on each side	
	{2 x 100 on 2:05 Streamline Kick on back	
	{3 x 50 on 1:05 Alt 25 kick on each side	
	{1 x 100 on 2:05 Streamline Kick on back	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,300	1x{5 x 125 on 2:05 Back alt 25's 10KOW	
	{2 x 50 on :50 Back-descend	
	{4 x 100 on 1:40 Back alt 25's 10KOW	
	{2 x 50 on :50 Back-descend	
	{1 x 75 on 1:15 Back alt 25's 10KOW	
325	13 x 25 on :35 USRPT-100 Back Pace	
	1 on 10:00 Racing Skills-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	
	7:15 PM 3,100 Yards - Stress Value = 77	

Workout #23377 - Wednesday, 06 March 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EC
	5:15 PM Start	
	=====	
	1 on 35:00 DS/Dryland	
325	13 x 25 on :40 Wednesday Warm-up	
150	10 x 15 on :45 Shooters	
600	1x{1 x 100 on 2:15 Streamline Kick on back	
	{2 x 50 on 1:10 Alt 25 kick on each side	
	{2 x 100 on 2:15 Streamline Kick on back	
	{2 x 50 on 1:10 Alt 25 kick on each side	
	{1 x 100 on 2:15 Streamline Kick on back	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,150	1x{4 x 125 on 2:20 Back alt 25's 10KOW	
	{3 x 50 on :55 Back-descend	
	{4 x 100 on 1:55 Back alt 25's 10KOW	
	{2 x 50 on :55 Back-descend	
325	13 x 25 on :35 USRPT-100 Back Pace	
	1 on 10:00 Racing Skills-Back Starts	
200	1 x 200 on 4:00 Stroke Drills	
	7:15 PM 2,850 Yards - Stress Value = 73	

Workout #23378 - Wednesday, 06 March 2019

7:15 PM 2,175 Yards - Stress Value = 57

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 2:25 Streamline Kick on back
	{1 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:25 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{1 x 100 on 2:25 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{3 x 50 on 1:05 Back-descend
	{4 x 100 on 2:10 Back alt 25's 10KOW
	{3 x 50 on 1:05 Back-descend
	{3 x 75 on 1:40 Back alt 25's 10KOW
	{1 x 50 on 1:05 Back-FAST
325	13 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,625 Yards - Stress Value = 68

Workout #23379 - Wednesday, 06 March 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:45 Streamline Kick on back
	{1 x 50 on 1:20 Alt 25 kick on each side
	{2 x 100 on 2:45 Streamline Kick on back
	{1 x 50 on 1:20 Alt 25 kick on each side
	{1 x 100 on 2:45 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{3 x 50 on 1:20 Back-descend
	{4 x 100 on 2:40 Back alt 25's 10KOW
	{2 x 50 on 1:20 Back-descend
	{2 x 75 on 2:00 Back alt 25's 10KOW
275	11 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,325 Yards - Stress Value = 60

Workout #23380 - Wednesday, 06 March 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 3:00 Streamline Kick on back
	{1 x 50 on 1:30 Alt 25 kick on each side
	{2 x 100 on 3:00 Streamline Kick on back
	{2 x 50 on 1:30 Alt 25 kick on each side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{3 x 50 on 1:30 Back-descend
	{4 x 100 on 3:00 Back alt 25's 10KOW
	{3 x 50 on 1:30 Back-descend
275	11 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills

Workout #23381 - Thursday, 07 March 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 10:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
500	20 x 25 on :30 200 Fly Pace	SP2
	1 on 8:00 Video Evaluations 2 Positives	REC
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Relay Starts	REC
750	15 x 50 on :55 200 Breast Pace	SP2
	1 on 10:00 Racing Skills-timed free turns	REC
375	15 x 25 on :30 100 Back Pace	SP2
	5:49 PM 2,225 Yards - Stress Value = 210	

Workout #23382 - Thursday, 07 March 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Shoulders
400	1 x 400 on 8:00 Underwater trn drill
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 75 on 1:10 Kick
	{4 x 25 on :30 Kick no board BSLR-12
	{2 x 75 on 1:05 Kick
	{4 x 25 on :30 Kick no board BSLR-14
	{2 x 75 on 1:00 Kick
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	1x{1 x 150 on 2:15 Breaststroke
	{2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{2 x 125 on 1:50 Breaststroke
	{2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 100 on 1:25 Breaststroke
	{2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{4 x 75 on 1:00 Breaststroke
	{2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
	{3 x 50 on :40 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	5:53 PM 3,400 Yards - Stress Value = 56

Workout #23383 - Thursday, 07 March 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Breast Kick-odds fast
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,125 Yards - Stress Value = 52

Workout #23384 - Thursday, 07 March 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
650	10 x 15 on :45 Shooters
100	1x{6 x 100 on 2:10 Breast Kick-odds fast
	{ 1 x 50 on 1:00 Breast Kick-FAST
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,075 Yards - Stress Value = 51

Workout #23385 - Thursday, 07 March 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
550	10 x 15 on :45 Shooters
100	1x{5 x 100 on 2:30 Breast Kick-odds fast
	{ 1 x 50 on 1:15 Breast Kick-FAST
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
300	12 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 1,900 Yards - Stress Value = 47

Workout #23386 - Thursday, 07 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Shooters
100	5 x 100 on 2:45 Breast Kick-odds fast
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
300	12 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 1,850 Yards - Stress Value = 46

Workout #23387 - Thursday, 07 March 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
450	10 x 15 on :45 Shooters
100	1x{4 x 100 on 3:00 Breast Kick-odds fast
	{ 1 x 50 on 1:30 Breast Kick-FAST
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

250	10 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 1,600 Yards - Stress Value = 40

Workout #23388 - Thursday, 07 March 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
350	10 x 15 on :45 Shooters
100	1x{3 x 100 on 4:00 Breast Kick-odds fast
	{ 1 x 50 on 2:00 Breast Kick-FAST
	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
250	10 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 1,500 Yards - Stress Value = 38

Workout #23389 - Friday, 08 March 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
1,500	1 on 10:00 DS/Showers	REC
	15 x 100 on 1:20 1650 Free Pace	SP2
	1 on 8:00 Video Evaluations 2 Positives	REC
750	1x{5 x 50 on :55 400 IM Pace	SP2
	{ 1 on 1:00 Rest	REC
	{ 5 x 50 on :55 400 IM Pace	SP2
	{ 1 on 1:00 Rest	REC
	{ 5 x 50 on :55 400 IM Pace	SP2
	1 on 10:00 Social Kick Tag	REC
200	8 x 25 on 3:00 50 Free Pace	SP2
	5:45 PM 2,450 Yards - Stress Value = 245	

Workout #23390 - Friday, 08 March 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description
400	1 on 12:00 DS/Showers
150	1 x 400 on 7:00 Reverse IM drill
160	10 x 15 on :45 Shooters
200	8x{1 on :30 Flutter Kick on Wall
	{ 1 x 20 on 1:30 Flip on whistle underwater fl
	{ kick to other side
	{ every line you don't make = 5 pu
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 100 on 1:16 Individual Medley
	{ 3 x 50 on 1:00 Fly-100%
	{ 4 x 100 on 1:15 Individual Medley
	{ 3 x 50 on 1:00 Back-100%
	{ 4 x 100 on 1:14 Individual Medley
	{ 3 x 50 on 1:00 Breast-100%
	{ 4 x 100 on 1:13 Individual Medley
	{ 3 x 50 on 1:00 Free-100%
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 3,360 Yards - Stress Value = 79

Workout #23391 - Friday, 08 March 2019

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

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

Workout #23392 - Friday, 08 March 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

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

Workout #23393 - Friday, 08 March 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

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

Workout #23394 - Friday, 08 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

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

Workout #23395 - Friday, 08 March 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

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

Workout #23396 - Friday, 08 March 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland 4 x 100 on 2:15 SwimUSS 25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 3:00 Free L.25 6BK {1 x 100 on 3:00 Free L.25 2 breaths {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:55 Free L.25 6BK {1 x 100 on 2:55 Free L.25 2 breaths {1 x 50 on 1:30 Free L.25 5 KOW-Sprint to fir 1 on 15:00 Racing Skill-Timed starts to 15m
200	1 x 200 on 3:00 Stroke Drills
6:30	PM 1,300 Yards - Stress Value = 17

Workout #23397 - Monday, 11 March 2019

HighSchl - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 225 15 x 15 on :45 Racing Skills-Fly Shooters
 750 15 x 50 on :50 200 Free Pace
 1 on 8:00 Video Evaluations-2 positives
 375 15 x 25 on :30 100 Breast Pace
 1 on 8:00 Video Evaluations
 375 15 x 25 on :30 100 Back Pace
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 750 15 x 50 on :50 200 Fly Pace
 5:51 PM 2,775 Yards - Stress Value = 241

{1 x 50 on :55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {1 x 50 on :55 Kick
 800 1x{1 x 100 on 1:15 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {1 x 100 on 1:20 Pulls
 {2 x 50 on :55 Pulls-no br L.13 yds
 {1 x 100 on 1:25 Pulls
 {2 x 50 on :50 Pulls-no br L.14 yds
 {1 x 100 on 1:30 Pulls
 {2 x 50 on :45 Pulls-no br L.15 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{4 x 125 on 2:00 Freestyle
 {1 on 1:00 Rest
 {3 x 125 on 1:55 Freestyle
 {1 on 1:00 Rest
 {2 x 125 on 1:50 Freestyle
 {1 on 1:00 Rest
 {1 x 125 on 1:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 3,650 Yards - Stress Value = 105

Workout #23398 - Monday, 11 March 2019

Group 3 - Distance

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 800 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick
 800 1x{1 x 100 on 1:10 Pulls
 {2 x 50 on 1:00 Pulls-no br L.12 yds
 {1 x 100 on 1:15 Pulls
 {2 x 50 on :55 Pulls-no br L.13 yds
 {1 x 100 on 1:20 Pulls
 {2 x 50 on :50 Pulls-no br L.14 yds
 {1 x 100 on 1:25 Pulls
 {2 x 50 on :45 Pulls-no br L.15 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,250 1x{4 x 125 on 2:00 Freestyle
 {1 on 1:00 Rest
 {3 x 125 on 1:55 Freestyle
 {1 on 1:00 Rest
 {2 x 125 on 1:50 Freestyle
 {1 on 1:00 Rest
 {1 x 125 on 1:45 Freestyle
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 3,750 Yards - Stress Value = 107

Workout #23400 - Monday, 11 March 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS>Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:45 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 {1 x 150 on 2:40 Streamline Kick on back
 {4 x 25 on :30 Kick no board B w/fins
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 150 on 2:15 Backstroke
 {2 x 125 on 1:50 Backstroke
 {3 x 100 on 1:25 Backstroke
 {4 x 75 on 1:00 Backstroke
 {1 x 100 on 2:00 EZ Free
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,500 Yards - Stress Value = 113

Workout #23399 - Thursday, 07 March 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 400 1 x 400 on 7:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:45 Kick
 {1 x 100 on 1:50 Kick

Workout #23401 - Monday, 11 March 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:20 Streamline Kick on back
	{4 x 25 on :30 Kick no board B w/fins
	{1 x 150 on 3:15 Streamline Kick on back
	{2 x 25 on :30 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 150 on 2:40 Backstroke
	{2 x 125 on 2:10 Backstroke
	{3 x 100 on 1:45 Backstroke
	{2 x 75 on 1:15 Backstroke
	{1 x 50 on 1:30 EZ Free
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,075 Yards - Stress Value = 96

Workout #23402 - Monday, 11 March 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:25 Streamline Kick on back
	{4 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:20 Streamline Kick on back
	{4 x 25 on :35 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{1 x 150 on 3:05 Backstroke
	{2 x 125 on 2:30 Backstroke
	{2 x 100 on 1:55 Backstroke
	{2 x 75 on 1:25 Backstroke
	{1 x 50 on 1:30 EZ Free
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,875 Yards - Stress Value = 93

Workout #23403 - Monday, 11 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:40 Streamline Kick on back
	{4 x 25 on :35 Kick no board B w/fins
	{1 x 100 on 2:35 Streamline Kick on back
	{2 x 25 on :35 Kick no board B w/fins
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 150 on 3:30 Backstroke
	{2 x 125 on 2:50 Backstroke
	{2 x 100 on 2:15 Backstroke
	{1 x 50 on 1:05 Backstroke

	{1 x 50 on 1:30 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,600 Yards - Stress Value = 83

Workout #23404 - Monday, 11 March 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:00 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 2:55 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	1x{1 x 150 on 4:10 Backstroke
	{2 x 125 on 3:25 Backstroke
	{1 x 100 on 2:40 Backstroke
	{1 x 50 on 2:30 EZ Free
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,400 Yards - Stress Value = 79

Workout #23405 - Monday, 11 March 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :45 Kick no board B w/fins
	{1 x 100 on 3:40 Streamline Kick on back
	{4 x 25 on :45 Kick no board B w/fins
	{1 x 50 on 1:45 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	1x{1 x 150 on 4:30 Backstroke
	{2 x 125 on 3:40 Backstroke
	{1 x 100 on 2:55 Backstroke
	{1 x 50 on 1:30 EZ Free
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,250 Yards - Stress Value = 73

Workout #23406 - Tuesday, 12 March 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
375	15 x 25 on :50 200 Back Pace	SP2
	1 on 8:00 Video Evaluations 2 positives	REC
375	15 x 25 on :30 100 Fly Pace	SP2
	1 on 8:00 Racing Skills-Partner starts	REC
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Walking/Jump Rope	REC
750	15 x 50 on :55 200 Breast Pace	SP2
	5:50 PM 2,100 Yards - Stress Value = 198	

Workout #23407 - Tuesday, 12 March 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS/Showers
400	1 x 400 on 8:00 Top Hat Drill
150	10 x 15 on :45 Shooters
520	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{2 x 40 on 1:15 20 underwater 20 sprint free
	{1 x 50 on 1:00 Vertical Kick 35/25
	{2 x 40 on 1:10 20 undwater 20 sprint free
	{1 x 50 on 1:00 Vertical Kick 40/20
	{2 x 40 on 1:05 20 underwater 20sprint free
	{1 x 50 on 1:00 Vertical Kick 45/15
	{2 x 40 on 1:00 20 underwater 20 sprint free
600	1x{1 x 200 on 2:35 Pulls BTB
	{2 x 150 on 1:55 Pulls BTB
	{1 x 100 on 1:15 Pulls BTB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	2x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:16 Backstroke
	{1 x 100 on 1:11 Backstroke
	{1 x 100 on 1:06 Backstroke
	{1 x 100 on 1:42 Freestyle
	{1 x 50 on 2:15 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
	5:38 PM 3,120 Yards - Stress Value = 48

Workout #23408 - Tuesday, 12 March 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS/showers
400	1 x 400 on 8:00 Top Hat Drill
150	10 x 15 on :45 Shooters
520	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{2 x 40 on 1:15 20 underwater 20 sprint free
	{1 x 50 on 1:00 Vertical Kick 35/25
	{2 x 40 on 1:10 20 undwater 20 sprint free
	{1 x 50 on 1:00 Vertical Kick 40/20
	{2 x 40 on 1:05 20 underwater 20sprint free
	{1 x 50 on 1:00 Vertical Kick 45/15
	{2 x 40 on 1:00 20 underwater 20 sprint free
550	1x{1 x 200 on 2:50 Pulls BTB
	{1 x 150 on 2:05 Pulls BTB
	{2 x 100 on 1:20 Pulls BTB
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	2x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:26 Backstroke
	{1 x 100 on 1:21 Backstroke
	{1 x 100 on 1:16 Backstroke
	{1 x 50 on 1:12 Freestyle
	{1 x 50 on 2:15 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
	5:38 PM 2,970 Yards - Stress Value = 47

Workout #23409 - Tuesday, 12 March 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{1 x 200 on 4:00 Breast Kick w/board

	{4 x 25 on :40 Breast Kick-streamline on back
	{1 x 150 on 2:55 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{1 x 50 on :55 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 200 on 3:35 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 150 on 2:40 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{3 x 100 on 1:45 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,175 Yards - Stress Value = 102

Workout #23410 - Tuesday, 12 March 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
575	1x{1 x 200 on 4:20 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{1 x 150 on 3:05 Breast Kick w/board
	{5 x 25 on :40 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 200 on 3:50 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{2 x 150 on 2:50 Breaststroke
	{1 on :30 Put fins on
	{6 x 25 on :30 Breast TO Drill w/fins
	{3 x 100 on 1:50 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,150 Yards - Stress Value = 101

Workout #23411 - Tuesday, 12 March 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
525	1x{1 x 200 on 4:40 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{1 x 150 on 3:30 Breast Kick w/board
	{3 x 25 on :45 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 200 on 4:30 Breaststroke
	{1 on :30 Put fins on
	{4 x 25 on :40 Breast TO Drill w/fins
	{2 x 150 on 3:15 Breaststroke
	{1 on :30 Put fins on
	{2 x 100 on 2:05 Breaststroke
	{4 x 25 on :40 Breast TO Drill w/fins
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,775 Yards - Stress Value = 90

Workout #23412 - Tuesday, 12 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
525	1x{1 x 200 on 5:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick-streamline on back
	{ 1 x 150 on 3:45 Breast Kick w/board
	{ 3 x 25 on :45 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 200 on 5:00 Breaststroke
	{ 1 on :30 Put fins on
	{ 4 x 25 on :40 Breast TO Drill w/fins
	{ 2 x 150 on 3:40 Breaststroke
	{ 1 on :30 Put fins on
	{ 4 x 25 on :40 Breast TO Drill w/fins
	{ 1 x 150 on 2:25 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,725 Yards - Stress Value = 89

Workout #23413 - Tuesday, 12 March 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
475	1x{1 x 200 on 5:30 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick-streamline on back
	{ 1 x 100 on 2:45 Breast Kick w/board
	{ 3 x 25 on :45 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 200 on 5:40 Breaststroke
	{ 1 on :30 Put fins on
	{ 6 x 25 on :45 Breast TO Drill w/fins
	{ 1 x 150 on 4:15 Breaststroke
	{ 1 on :30 Put fins on
	{ 4 x 25 on :45 Breast TO Drill w/fins
	{ 1 x 100 on 2:50 Breaststroke
500	20 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,425 Yards - Stress Value = 80

Workout #23414 - Tuesday, 12 March 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 4:00 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick-streamline on bac
	{ 1 x 150 on 6:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	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 5:15 Breaststroke

	{ 1 on :30 Put fins on
	{ 4 x 25 on 1:00 Breast TO drill w/fins
375	15 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,975 Yards - Stress Value = 62

Workout #23415 - Wednesday, 13 March 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :50 #1 200 Pace	SP2	
	1 on 15:00 Indvdl Prsrcptns/Relay Starts	REC	
375	15 x 25 on :30 #2 100 Pace	SP2	
	1 on 10:00 Video Evaluations 2 positives	REC	
	5:26 PM 1,350 Yards - Stress Value = 122		

Workout #23416 - Wednesday, 13 March 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS/Showers
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,100	1x{1 x 125 on 2:00 Kick L.25 100%
	{ 6 x 25 on :30 Kick no board B
	{ 1 x 125 on 1:55 Kick L.25 100%
	{ 6 x 25 on :30 Kick no board S
	{ 1 x 125 on 1:50 Kick L.25 100%
	{ 6 x 25 on :30 Kick no board L
	{ 1 x 125 on 1:45 Kick L.25 100%
	{ 6 x 25 on :30 Kick no board R
100	2x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{5 x 75 on 1:05 Fly-25L25R25B
	{ 4 x 25 on :30 Fly 5/7/9/11 KOW
	{ 4 x 75 on 1:00 Fly-25L25R25B
	{ 4 x 25 on :30 Fly 5/7/9/11 KOW
	{ 3 x 75 on :55 Fly-25L25R25B
	{ 4 x 25 on :30 Fly-5-7-9-11 KOW
250	1 x 250 on 4:00 Stroke Drills
	5:34 PM 3,200 Yards - Stress Value = 50

Workout #23417 - Wednesday, 13 March 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
Yards Set Description
=====
1 on 12:00 DS>Showers
400 16 x 25 on :30 Wednesday Warm-up
150 10 x 15 on :45 Shooters
1,050 1x{1 x 125 on 2:15 Kick L.25 100%
{6 x 25 on :30 Kick no board B
{1 x 125 on 2:10 Kick L.25 100%
{6 x 25 on :30 Kick no board S
{1 x 125 on 2:05 Kick L.25 100%
{4 x 25 on :30 Kick no board L
{2 x 100 on 1:40 Kick L.25 100%
{3 x 25 on :30 Kick no board R
100 2x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,125 1x{4 x 75 on 1:15 Fly-25L25R25B
{4 x 25 on :30 Fly 5/7/9/11 KOW
{4 x 75 on 1:10 Fly-25L25R25B
{4 x 25 on :30 Fly 5/7/9/11 KOW
{3 x 75 on 1:05 Fly-25L25R25B
{4 x 25 on :30 Fly 5-7-9-11 KOW
250 1 x 250 on 4:00 Stroke Drills
5:34 PM 3,075 Yards - Stress Value = 48

{1 x 50 on :50 Free Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,550 1x{1 x 200 on 2:45 Freestyle
{3 x 100 on 1:25 Freestyle
{1 x 200 on 2:45 Freestyle
{3 x 100 on 1:25 Freestyle
{1 x 200 on 2:45 Freestyle
{3 x 100 on 1:25 Freestyle
{1 x 50 on :40 Free-100%
750 30 x 25 on :30 USRPT-100 Free Pace
1 on 10:00 Racing Skills-Starts
200 1 x 200 on 4:00 Stroke Drills
7:15 PM 3,900 Yards - Stress Value = 126

Workout #23420 - Wednesday, 13 March 2019

Group 2 - Gold

1 minute rest between sets

4:15 PM Start
Yards Set Description
=====
1 on 30:00 DS/Dryland
375 15 x 25 on :35 Wednesday Warm-up
2-14, 4-15, 6-16, 3-17
150 10 x 15 on :45 Shooters
600 1x{1 x 150 on 2:55 Free Kick w/board
{2 x 125 on 2:25 Free Kick w/board
{1 x 100 on 1:55 Free Kick w/board
{2 x 50 on :55 Free Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,450 1x{1 x 200 on 2:55 Freestyle
{3 x 100 on 1:30 Freestyle
{1 x 200 on 2:55 Freestyle
{3 x 100 on 1:30 Freestyle
{1 x 200 on 2:55 Freestyle
{2 x 100 on 1:30 Freestyle
{1 x 50 on :45 Freestyle-100%
750 30 x 25 on :30 USRPT-100 Free Pace
1 on 10:00 Racing Skills-Starts
200 1 x 200 on 4:00 Stroke Drills
7:15 PM 3,625 Yards - Stress Value = 122

5:15 PM Start
Yards Set Description
=====
1 on 30:00 DS/Dryland
375 15 x 25 on :35 Wednesday Warm-up
2-14, 4-15, 6-16, 3-17
150 10 x 15 on :45 Shooters
600 1x{1 x 150 on 2:55 Free Kick w/board
{2 x 125 on 2:25 Free Kick w/board
{1 x 100 on 1:55 Free Kick w/board
{2 x 50 on :55 Free Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,450 1x{1 x 200 on 2:55 Freestyle
{3 x 100 on 1:30 Freestyle
{1 x 200 on 2:55 Freestyle
{3 x 100 on 1:30 Freestyle
{1 x 200 on 2:55 Freestyle
{2 x 100 on 1:30 Freestyle
{1 x 50 on :45 Freestyle-100%
750 30 x 25 on :30 USRPT-100 Free Pace
1 on 10:00 Racing Skills-Starts
200 1 x 200 on 4:00 Stroke Drills
7:15 PM 3,625 Yards - Stress Value = 122

Workout #23418 - Wednesday, 13 March 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start
Yards Set Description EGY W
=====
1 on 15:00 DS>Showers REC
400 1 x 400 on 10:00 Top Hat Drill REC
150 10 x 15 on :45 Shooters SP3
1,150 5x{1 x 200 on 2:55 Butterfly EN2
{1 on :30 5 jumping jacks EN1
{1 x 30 on :45 Undrwrtr fly kick R.5 @15 EN2
{1 on :30 5 jumping jacks EN1
After every round drop 200 flys by 5 sec
900 1x{1 x 150 on 2:05 Kick EN2
{4 x 25 on :30 Alt 2nd and 3rd kicks EN2
{1 x 125 on 1:45 Kick EN2
{4 x 25 on :30 Alt 2nd and 3rd kicks EN2
{1 x 100 on 1:30 Kick EN2
{4 x 25 on :30 Alt 2nd and 3rd kicks EN2
{1 x 75 on 1:10 Kick EN2
{6 x 25 on :30 Alt 2nd and 3rd kicks EN2
650 1x{1 x 200 on 2:40 Pulls BWFPF EN2
{1 x 175 on 2:20 Pulls BWFPF EN2
{1 x 150 on 2:00 Pulls BWFPF EN2
{1 x 125 on 1:40 Pulls BWFPF EN2
hold 1:05 base
200 1 x 200 on 3:00 Stroke Drills REC
5:45 PM 3,450 Yards - Stress Value = 60

5:15 PM Start
Yards Set Description
=====
1 on 30:00 DS/Dryland
325 13 x 25 on :40 Wednesday Warm-up
2-15, 4-16, 4-17, 3-18
150 10 x 15 on :45 Shooters
500 1x{1 x 150 on 3:25 Free Kick w/board
{1 x 125 on 2:50 Free Kick w/board
{2 x 100 on 2:15 Free Kick w/board
{1 x 25 on :35 Free Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,250 1x{1 x 200 on 3:15 Freestyle
{3 x 100 on 1:45 Freestyle
{1 x 200 on 3:15 Freestyle
{3 x 100 on 1:45 Freestyle
{1 x 200 on 3:15 Freestyle
{1 x 50 on :50 Free-100%
625 25 x 25 on :35 USRPT-100 Free Pace
1 on 10:00 Racing Skills-Starts
200 1 x 200 on 4:00 Stroke Drills
7:15 PM 3,150 Yards - Stress Value = 102

Workout #23421 - Wednesday, 13 March 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
Yards Set Description
=====
1 on 30:00 DS/Dryland
450 18 x 25 on :30 Wednesday Warm-up
2-12, 4-13, 6-14, 6-15
150 10 x 15 on :45 Shooters
700 1x{1 x 150 on 2:30 Free Kick w/board
{2 x 125 on 2:05 Free Kick w/board
{1 x 100 on 1:40 Free Kick w/board
{2 x 75 on 1:15 Free Kick w/board

5:15 PM Start
Yards Set Description
=====
1 on 30:00 DS/Dryland
325 13 x 25 on :40 Wednesday Warm-up
2-15, 4-16, 4-17, 3-18
150 10 x 15 on :45 Shooters
500 1x{1 x 150 on 3:25 Free Kick w/board
{1 x 125 on 2:50 Free Kick w/board
{2 x 100 on 2:15 Free Kick w/board
{1 x 25 on :35 Free Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,250 1x{1 x 200 on 3:15 Freestyle
{3 x 100 on 1:45 Freestyle
{1 x 200 on 3:15 Freestyle
{3 x 100 on 1:45 Freestyle
{1 x 200 on 3:15 Freestyle
{1 x 50 on :50 Free-100%
625 25 x 25 on :35 USRPT-100 Free Pace
1 on 10:00 Racing Skills-Starts
200 1 x 200 on 4:00 Stroke Drills
7:15 PM 3,150 Yards - Stress Value = 102

Workout #23419 - Wednesday, 13 March 2019

Group 2 - Freestylers

1 minute rest between sets

Workout #23422 - Wednesday, 13 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up 2-16, 4-17, 4-18, 3-19
150	10 x 15 on :45 Shooters
450	1x{1 x 150 on 3:45 Free Kick w/board 2 x 100 on 2:30 Free Kick w/board 2 x 50 on 1:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,150	1x{1 x 200 on 3:40 Freestyle 3 x 100 on 1:55 Freestyle 1 x 200 on 3:40 Freestyle 2 x 100 on 1:55 Freestyle 1 x 200 on 3:40 Freestyle 1 x 50 on :55 Free-100%
625	25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,000 Yards - Stress Value = 100

Workout #23423 - Wednesday, 13 March 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up 1-18, 2-19, 3-20, 4-21
150	10 x 15 on :45 Shooters
400	1x{1 x 150 on 4:10 Free Kick w/board 1 x 100 on 2:45 Free Kick w/board 2 x 75 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
850	1x{1 x 200 on 5:00 Freestyle 3 x 100 on 2:35 Freestyle 1 x 200 on 5:00 Freestyle 1 x 100 on 2:35 Freestyle 1 x 50 on 1:00 Free-100%
550	22 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,550 Yards - Stress Value = 86

Workout #23424 - Wednesday, 13 March 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up 1-20, 2-21, 3-22, 4-23
150	10 x 15 on :45 Shooters
400	1x{1 x 150 on 4:30 Free Kick w/board 2 x 100 on 3:00 Free Kick w/board 1 x 50 on 1:30 Free Kick w/board
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
800	1x{1 x 200 on 5:15 Freestyle 3 x 100 on 2:45 Freestyle 1 x 200 on 5:15 Freestyle

	{1 x 100 on 2:45 Freestyle
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,500 Yards - Stress Value = 85

Workout #23425 - Thursday, 14 March 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	W
=====	=====	=====	=====
	1 on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
	1 on 15:00 Racing Skills-Relay/Reg Starts	REC	
750	15 x 50 on :50 #2 200 Pace	SP2	
	1 on 15:00 Indvdl Prsrcptns-Peer Coaching	REC	
375	15 x 25 on :30 #1 100 Pace	SP2	
	5:30 PM 1,350 Yards - Stress Value = 122		

Workout #23426 - Thursday, 14 March 2019

Group 3 - Race day warmup

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 12:00 DS/Showers	REC	L	I
400	1 x 400 on 7:00 Freestyle Drill	REC	D	C
150	10 x 15 on :45 Shooters	SP3	S	C
300	3 x 100 on 2:15 Kick	EN1	K	C
400	8 x 50 on 1:00 Down drill back build Odds free evens non free	EN1	S	C
300	12 x 25 on :40 Variable Speed	SP3	S	C
50	2 x 25 on 2:00 OTB	EN2	S	C
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	5:19 PM 1,850 Yards - Stress Value = 26			

Workout #23427 - Thursday, 14 March 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	1 x 450 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board BSLR {1 x 150 on 3:00 Fly Kick w/board {4 x 25 on :30 Kick no board BSLR {2 x 125 on 2:25 Fly Kick w/board {4 x 25 on :30 Kick no board BSLR 1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Fly Pace 1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,350 Yards - Stress Value = 95

Workout #23428 - Thursday, 14 March 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 30:00 DS/Dryland
150	1 x 400 on 7:00 Free 3KOW to 10 back to 3
600	10 x 15 on :45 Shooters
1x{4	25 on :35 Kick no board BSLR
	{1 x 150 on 3:15 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:00 Fly Kick w/board
	{2 x 25 on :35 Kick no board BSLR
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,200 Yards - Stress Value = 93

Workout #23429 - Thursday, 14 March 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Free 3KOW to 10 back to 3
550	10 x 15 on :45 Shooters
1x{4	25 on :40 Kick no board BSLR
	{1 x 150 on 3:35 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:25 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,975 Yards - Stress Value = 79

Workout #23430 - Thursday, 14 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Shooters
1x{4	25 on :40 Kick no board BSLR
	{1 x 150 on 3:55 Fly Kick w/board
	{2 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:35 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,925 Yards - Stress Value = 78

Workout #23431 - Thursday, 14 March 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

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

	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 150 on 4:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 3:00 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,750 Yards - Stress Value = 70

Workout #23432 - Thursday, 14 March 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 7:00 Free 3KOW to 10 back to 3
350	10 x 15 on :45 Shooters
1x{4	25 on 1:00 Kick no board BSLR
	{1 x 100 on 4:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 2:00 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 1,550 Yards - Stress Value = 63

Workout #23433 - Monday, 18 March 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
750	1 on 12:00 DS/Showers	REC
	15 x 50 on :50 200 Back Pace	SP2
	1 on 8:00 Video Evaluations 2 positives	REC
750	15 x 50 on :50 200 Fly Pace	SP2
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 15:00 Racing Skills-Timed turns #1	SP3
375	15 x 25 on :30 100 Breast Pace	SP2
	5:45 PM 2,550 Yards - Stress Value = 232	

Workout #23434 - Monday, 18 March 2019

Group 3 - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
	All BSLR, min 15m underwater
800	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:30 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:40 Kick best effort
600	3 x 200 on 2:30 Pulls-no br L.12 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{2 x 150 on 1:50 Freestyle
	{1 x 300 on 4:00 Freestyle
	{2 x 125 on 1:30 Freestyle
	{1 x 250 on 3:20 Freestyle
	{2 x 100 on 1:10 Freestyle
	{1 x 200 on 2:40 Freestyle
	{2 x 75 on :50 Freestyle
	{1 x 150 on 2:00 Freestyle
	Last 25 of each repeat alt between
	10 KOW +Exp BO and 6 beat kick
400	8 x 50 on 1:00 Stroke Drills
	5:44 PM 4,250 Yards - Stress Value = 84

Workout #23435 - Monday, 18 March 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS>Showers
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
	All BSLR, min 15m underwater
750	1x{2 x 100 on 1:55 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:45 Kick best effort
	{2 x 25 on :30 Kick no board BSLR
525	3 x 175 on 2:30 Pulls-no br L.12 yds
	Hold under 1:20 base
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{2 x 150 on 2:00 Freestyle
	{1 x 300 on 4:15 Freestyle
	{2 x 125 on 1:35 Freestyle
	{1 x 250 on 3:30 Freestyle
	{2 x 100 on 1:15 Freestyle
	{1 x 200 on 2:50 Freestyle
	{4 x 75 on :55 Freestyle
	Last 25 of each repeat alt between
	10 KOW +Exp BO and 6 beat kick
400	8 x 50 on 1:00 Stroke Drills
	5:45 PM 4,125 Yards - Stress Value = 77

Workout #23436 - Monday, 18 March 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	1 x 450 on 7:00 By 100: THD + ThmbDrg + CFP

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

Workout #23437 - Monday, 18 March 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{2 x 100 on 2:05 Fly Kick w/board
	{4 x 75 on 1:35 Fly Kick w/board
	{3 x 50 on 1:05 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{2 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{3 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{4 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{5 x 50 on 1:00 Butterfly
	{1 x 50 on :55 Freestyle
	{2 x 50 on 1:00 Butterfly
325	13 x 25 on :35 USRPT-100 Fly Pace
	1 on 17:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,925 Yards - Stress Value = 70

Workout #23438 - Monday, 18 March 2019

Group 2 - Silver

1 minute rest between sets

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

Workout #23439 - Monday, 18 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23440 - Monday, 18 March 2019

Group 2 - Bronze

1 minute rest between sets

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

{1 x 50 on 1:15 Freestyle
 {3 x 50 on 1:30 Butterfly
 {1 x 50 on 1:15 Freestyle
 {4 x 50 on 1:30 Butterfly
 {1 x 50 on 1:15 Freestyle
 {1 x 50 on 1:30 Butterfly
 225 9 x 25 on :50 USRPT-100 Fly Pace
 1 on 17:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,125 Yards - Stress Value = 49

Workout #23441 - Monday, 18 March 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{1 x 100 on 4:00 Fly Kick w/board
 {2 x 75 on 3:00 Fly Kick w/board
 {2 x 50 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {2 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {3 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {2 x 50 on 2:15 Butterfly
 200 8 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 17:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:16 PM 1,750 Yards - Stress Value = 42

Workout #23442 - Tuesday, 19 March 2019

Group 3 - USRPT

1 minute rest between sets

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

Workout #23440 - Monday, 18 March 2019

Group 2 - Bronze

1 minute rest between sets

Workout #23443 - Tuesday, 19 March 2019

7:15 PM 3,475 Yards - Stress Value = 88

Group 3 - Back

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
400	1 on 12:00 DS>Showers
600	1 x 400 on 7:00 Top Hat Drill
1,050	6 x 100 on 2:00 Kick @ FPI
200	7 x 150 on 1:50 Pulls BTB
4x	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	100's 15m under, 50's 12.5yds under
	off last wall
1,200	1x{2 x 100 on 1:20 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:15 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:10 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:05 Back w/fins
	{2 x 50 on 1:00 Backstroke
300	1 on 10:00 Racing Skills-Starts
	6 x 50 on 1:00 Stroke Drills
5:44 PM	3,750 Yards - Stress Value = 59

Workout #23444 - Tuesday, 19 March 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
400	1 on 12:00 DS>Showers
600	1 x 400 on 7:00 Top Hat Drill
900	6 x 100 on 2:00 Kick @ FPI
200	6 x 150 on 2:05 Pulls BTB
4x	{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	100's 15m under, 50's 12.5yds under
	off last wall
1,150	1x{2 x 100 on 1:25 Back w/fins
	{2 x 50 on 1:05 Backstroke
	{2 x 100 on 1:20 Back w/fins
	{2 x 50 on 1:05 Backstroke
	{2 x 100 on 1:15 Back w/fins
	{2 x 50 on 1:05 Backstroke
	{2 x 100 on 1:10 Back w/fins
	{1 x 50 on 1:00 Backstroke
300	1 on 10:00 Racing Skills-Starts
	6 x 50 on 1:00 Stroke Drills
5:44 PM	3,550 Yards - Stress Value = 55

Workout #23445 - Tuesday, 19 March 2019

Group 2 - Freestylers

1 minute rest between sets

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

Workout #23446 - Tuesday, 19 March 2019

Group 2 - Gold

1 minute rest between sets

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

Workout #23447 - Tuesday, 19 March 2019

Group 2 - Silver

1 minute rest between sets

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

Workout #23448 - Tuesday, 19 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23449 - Tuesday, 19 March 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

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

Workout #23450 - Tuesday, 19 March 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 3:00 Free Kick w/board { 2 x 100 on 3:05 Free Kick w/board { 1 x 50 on 1:40 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	6 x 100 on 3:45 Free descend in sets of 3 Each set of three descends
200	8 x 25 on 1:00 USRPT-100 Free Pace 1 on 17:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:13 PM 1,850 Yards - Stress Value = 45

Workout #23451 - Wednesday, 20 March 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 12:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
500	20 x 25 on :30 200 Fly Pace 1 on 8:00 Video Evaluations 2 positives	SE
750	15 x 50 on :50 200 Back Pace 1 on 5:00 Walking/Jump Rope	RE
375	15 x 25 on :30 100 Breast Pace 1 on 10:00 Racing Skills-timed start to 15m	SE
375	15 x 25 on :30 100 Free Pace	SE
	5:45 PM 2,225 Yards - Stress Value = 210	

Workout #23452 - Wednesday, 20 March 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{1 x 200 on 3:20 Kick { 4 x 25 on :45 Sprint kick

	{ 2 x 175 on 2:55 Kick
	{ 4 x 25 on :40 Sprint kick
	{ 1 x 150 on 2:30 Kick
100	2x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	7x{3 x 50 on :40 3-4-5 strokes fly off walls { 1 x 100 on 1:45 Fly Drill
350	7 x 50 on 1:00 Stroke Drills
	5:45 PM 3,750 Yards - Stress Value = 59

Workout #23453 - Wednesday, 20 March 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
850	1x{1 x 200 on 3:40 Kick { 4 x 25 on :45 Sprint kick { 2 x 175 on 3:15 Kick { 4 x 25 on :40 Sprint kick { 1 x 100 on 1:50 Kick
100	2x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,750	7x{3 x 50 on :45 3-4-5 strokes fly off walls { 1 x 100 on 1:45 Fly Drill dont do the 100 in the 7th round
350	7 x 50 on 1:00 Stroke Drills
	5:46 PM 3,700 Yards - Stress Value = 58

Workout #23454 - Wednesday, 20 March 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up 2-12, 4-13, 6-14, 6-15
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 3:40 Breast Kick w/board { 4 x 25 on :30 Breast Kick on Back-Streamline { 1 x 200 on 3:45 Breast Kick w/board { 4 x 25 on :30 Breast Kick on Back-Streamline { 1 x 100 on 1:50 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{4 x 100 on 1:40 Breaststroke { 1 on 1:00 Rest { 3 x 100 on 1:40 Breaststroke { 1 on 1:00 Rest { 2 x 100 on 1:40 Breaststroke { 1 on 1:00 Rest { 1 x 100 on 1:40 Breaststroke
325	13 x 25 on :35 USRPT-100 Breast Pace 1 on 17:00 Game/Relay
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,975 Yards - Stress Value = 70

Workout #23455 - Wednesday, 20 March 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up 2-14, 4-15, 6-16, 3-17
150	10 x 15 on :45 Shooters
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	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{4 x 100 on 1:50 Breaststroke { 1 on 1:00 Rest { 3 x 100 on 1:50 Breaststroke { 1 on :45 Rest { 2 x 100 on 1:50 Breaststroke { 1 on :45 Rest { 1 x 50 on :55 Breaststroke
325	13 x 25 on :35 USRPT-100 Breast Pace 1 on 17:00 Game
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,750 Yards - Stress Value = 67

Workout #23456 - Wednesday, 20 March 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

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

Workout #23457 - Wednesday, 20 March 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up 2-16, 4-17, 6-18
150	10 x 15 on :45 Shooters
525	1x{1 x 200 on 4:55 Breast Kick w/board { 4 x 25 on :45 Breast Kick on Back-Streamline 1 x 200 on 5:00 Breast Kick w/board { 1 x 25 on :45 Breast Kick on Back-Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{4 x 100 on 2:20 Breaststroke { 1 on 1:00 Rest

	{ 2 x 100 on 2:20 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 75 on 1:45 Breaststroke
275	11 x 25 on :40 USRPT-100 Breast Pace 1 on 17:00 Game/Relay
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,350 Yards - Stress Value = 58

Workout #23458 - Wednesday, 20 March 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up 2-18, 4-19, 6-20
150	10 x 15 on :45 Shooters
475	1x{1 x 150 on 4:00 Breast Kick w/board { 4 x 25 on :45 Breast Kick on Back-Streamline 1 x 150 on 4:05 Breast Kick w/board { 3 x 25 on :45 Breast Kick on Back-Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{3 x 100 on 2:40 Breaststroke { 1 on 1:00 Rest { 2 x 100 on 2:40 Breaststroke { 1 on 1:00 Rest { 2 x 75 on 2:00 Breaststroke
225	9 x 25 on :50 USRPT-100 Breast Pace 1 on 17:00 Game/Relay
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,150 Yards - Stress Value = 49

Workout #23459 - Wednesday, 20 March 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

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

Workout #23460 - Thursday, 21 March 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	4:15 PM Start	
1	on 12:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	15 x 50 on :55 200 Breast Pace	SP2
1	on 6:00 Video Evaluations 2 positives	REC
750	15 x 50 on :50 200 Free Pace	SP2
1	on 8:00 Underwater Racing	EN2
375	15 x 25 on :30 100 Fly Pace	SP2
1	on 5:00 Walking/Jump Rope	REC
375	15 x 25 on :30 100 Back Pace	SP2
	5:45 PM 2,475 Yards - Stress Value = 235	

Workout #23461 - Thursday, 21 March 2019

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY
	4:15 PM Start	
1	on 12:00 DS>Showers	REC
400	1 x 400 on 7:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
1,200	1x{6 x 25 on :30 Sprint Kick #1	
	{1 x 150 on 3:00 Kick #3	
	{1 x 150 on 3:00 Kick #2	
	{6 x 25 on :30 Sprint Kick #1	
	{1 x 125 on 2:25 Kick #3	
	{1 x 125 on 2:25 Kick #2	
	{6 x 25 on :30 Sprint Kick #1	
	{1 x 100 on 1:50 Kick #3	
	{1 x 100 on 1:50 Kick #2	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500	1x{3 x 100 on 1:20 Breaststroke	
	{1 on 1:00 Rest	
	{3 x 100 on 1:25 Breaststroke	
	{1 on 1:00 Rest	
	{3 x 100 on 1:30 Breaststroke	
	{1 on 1:00 Rest	
	{3 x 100 on 1:25 Breaststroke	
	{1 on 1:00 Rest	
250	1 x 250 on 4:00 Stroke Drills	
	5:43 PM 3,600 Yards - Stress Value = 59	

Workout #23462 - Thursday, 21 March 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
	4:15 PM Start	
1	on 12:00 DS>Showers	REC
400	1 x 400 on 7:00 Underwater trn drill	
150	10 x 15 on :45 Shooters	
1,150	1x{6 x 25 on :30 Sprint Kick #1	
	{2 x 125 on 2:35 Kick #3	
	{2 x 125 on 2:35 Kick #2	
	{6 x 25 on :30 Sprint Kick #1	
	{2 x 100 on 2:00 Kick #3	
	{3 x 50 on 1:00 Kick #2	
100	2x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,500	1x{3 x 100 on 1:25 Breaststroke	
	{1 on 1:00 Rest	
	{3 x 100 on 1:30 Breaststroke	
	{1 on 1:00 Rest	
	{3 x 100 on 1:35 Breaststroke	
	{1 on 1:00 Rest	

	{3 x 100 on 1:30 Breaststroke	
	{1 on 1:00 Rest	
	{3 x 100 on 1:25 Breaststroke	
250	1 x 250 on 4:00 Stroke Drills	
	5:45 PM 3,550 Yards - Stress Value = 59	

Workout #23463 - Thursday, 21 March 2019

Group 2 - All

1 minute rest between sets

Yards	Set Description	EGY
	5:15 PM Start	
1	on 25:00 DS/Dryland	REC
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
500	1 x 500 on 10:00 Indian File Kick with fins	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
375	15 x 25 on :30 USRPT-100 Back Pace	
	1 on 25:00 Rabbit Game	
	1 on 15:00 Relays with Group 1	
	7:00 PM 1,525 Yards - Stress Value = 54	

Workout #23464 - Friday, 22 March 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	4:15 PM Start	
1	on 12:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1,500	15 x 100 on 1:20 1650 Free Pace	SP2
1	on 5:00 Video Evaluations	REC
750	1x{5 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{5 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{5 x 50 on :55 400 IM Pace	SP2
	1 on 10:00 Social Kick Tag	REC
100	4 x 25 on 3:00 50 Free Pace	SP2
	5:45 PM 2,575 Yards - Stress Value = 244	

Workout #23465 - Friday, 22 March 2019

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
	4:15 PM Start	
1	on 12:00 DS>Showers	REC
400	1 x 400 on 6:00 Reverse IM drill	
150	10 x 15 on :45 Shooters	
2,500	1x{1 x 200 on 3:00 Individual Medley	
	{8 x 25 on :30 100 Fly Pace	
	{2 x 250 on 3:35 Individual Medley w/100 Fly	
	{8 x 25 on :30 100 Back Pace	
	{2 x 250 on 3:30 Individual Medley w/100 Back	
	{8 x 25 on :30 100 Breast Pace	
	{2 x 250 on 3:40 Individual Medley w/100 Brea	
	{8 x 25 on :30 100 Free Pace	
500	10 x 50 on 1:00 Stroke Drills	
	1 on 10:00 Racing Skills-Starts	
	5:45 PM 3,550 Yards - Stress Value = 120	

Workout #23466 - Monday, 25 March 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
1	on 10:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Free Shooters	SP3
500	20 x 25 on :30 200 Fly Pace	SP2
1	on 5:00 Video Evaluations-2 positives	REC
750	15 x 50 on :50 200 Back Pace	SP2
1	on 5:00 Walking/Jump Rope	REC
375	15 x 25 on :30 100 Breast Pace	SP2
1	on 5:00 Walking/jump rope	REC
375	15 x 25 on :30 100 Free Pace	SP2
5:31 PM	2,150 Yards - Stress Value = 207	

Workout #23467 - Monday, 25 March 2019

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
1	on 12:00 DS/Showers	REC	
400	1 x 400 on 6:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
450	3 x 150 on 2:00 Freestyle-descend		
600	1x{4 x 25 on :30 Kick no board BSLR		
	{2 x 75 on 1:10 Kick		
	{4 x 25 on :30 Kick no board BSLR		
	{2 x 75 on 1:10 Kick		
50	1x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
450	3 x 150 on 1:55 Freestyle-descend		
450	1x{2 x 75 on 1:10 Pull no br L.12 yds		
	{2 x 75 on 1:05 Pull no br L.12 yds		
	{2 x 75 on 1:00 Pull no br L.12 yds		
50	1x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
900	6 x 150 on 1:50 Freestyle descend in 3's		
200	1 x 200 on 3:00 Stroke Drills		
5:39 PM	3,700 Yards - Stress Value = 133		

Workout #23468 - Tuesday, 26 March 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
1	on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :50 #1 200 Pace	SP2	
1	on 10:00 Video Evaluations 2 positives	REC	
375	15 x 25 on :30 #2 100 Pace	SP2	
1	on 10:00 Video Evaluations 2 positives	REC	
5:21 PM	1,350 Yards - Stress Value = 122		

Workout #23469 - Tuesday, 26 March 2019

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
1	on 15:00 DS/Showers		
400	1 x 400 on 7:00 Top Hat Drill		
150	10 x 15 on :45 Shooters		
280	1x{ Alt 20 Tombstone Kick 15m underwater to GBC		
	{1 x 40 on 1:00 Kick		
	{1 x 40 on :55 Kick		

	{1 x 40 on :50 Kick		
	{1 x 40 on :45 Kick		
	{1 x 40 on :40 Kick		
	{1 x 40 on :35 Kick		
	{1 x 40 on :30 Kick		
1,000	1x{1 x 100 on 1:15 Pulls BTB		
	{4 x 50 on :45 Pull 7/6/5/4 breaths		
	{1 x 100 on 1:15 Pulls BTS		
	{4 x 50 on :45 Pull 7/6/5/4 breaths		
	{1 x 100 on 1:15 Pulls BTB		
	{4 x 50 on :45 Pull 7/6/5/4 breaths		
	{1 x 100 on 1:15 Pulls BTS		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,000	1x{2 x 125 on 2:00 Backstroke		
	{1 on 1:00 Rest		
	{2 x 125 on 1:55 Backstroke		
	{1 on :45 Rest		
	{2 x 125 on 1:50 Backstroke		
	{1 on :30 Rest		
	{2 x 125 on 1:45 Backstroke		
200	1 x 200 on 3:00 Stroke Drills		
5:35 PM	3,130 Yards - Stress Value = 93		

Workout #23470 - Wednesday, 27 March 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
1	on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3	
750	15 x 50 on :50 #2 200 Pace	SP2	
1	on 10:00 Video Evaluations 2 positives	REC	
375	15 x 25 on :30 #1 100 Pace	SP2	
1	on 10:00 Video Evaluations 2 positives	REC	
5:21 PM	1,350 Yards - Stress Value = 122		

Workout #23471 - Wednesday, 27 March 2019

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
1	on 15:00 DS/Showers		
500	20 x 25 on :30 Wednesday warm-ups		
150	10 x 15 on :45 Shooters		
900	1x{4 x 25 on :30 Kick no board BSLR-20KOW		
	{2 x 125 on 2:00 Kick		
	{4 x 25 on :30 Kick no board BSLR-18KOW		
	{2 x 100 on 1:35 Kick		
	{4 x 25 on :30 Kick no board BSLR-16KOW		
	{2 x 75 on 1:10 Kick		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,200	6x{8 x 25 on :25 Butterfly		
	{1 on 1:00 Rest		
250	1 x 250 on 4:00 Stroke Drills		
5:45 PM	3,200 Yards - Stress Value = 50		

Workout #23472 - Thursday, 28 March 2019

Group 3 - Race day warmup

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
6:00 AM	Start			
1	on 15:00 DS/Showers	REC	L	DF
400	1 x 400 on 7:00 Freestyle Drill	REC	D	CF
150	10 x 15 on :45 Shooters	SP3	S	CF
300	3 x 100 on 1:45 Kick	EN1	K	CF
400	8 x 50 on :55 Down drill back build Odds free evens non free	EN1	S	CM
300	12 x 25 on :30 Variable Speed	SP3	S	CF
50	2 x 25 on 2:00 OTB	EN2	S	CF
250	1 x 250 on 4:00 Stroke Drills	REC	D	C
7:04 AM	1,850 Yards - Stress Value = 26			

Workout #23473 - Monday, 08 April 2019

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
4:15 PM	Start			
1	on 15:00 DS/Showers	REC	L	I
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,000	4 x 250 on 3:30 3:00 swims :30 rest #1 Closed fist every 4th 25 #2 3+1 fly kicks off bulkhead wall #3 build each 50 to 100% #4 BTB	EN2	S	
750	15 x 50 on :55 Kick-super fast turns	EN2	K	
1,000	4 x 250 on 3:30 3:00 swims :30 rest #1 zipper drill every 4th 25 #2 Hold breath 2+1 of shalllow end wall #3-descend each 50 to 100% #4 BTS	EN2	S	
50	1 x 50 on 2:00 Free OTB	EN2	S	
400	8 x 50 on 1:00 Stroke Drills	REC	D	
5:45 PM	3,950 Yards - Stress Value = 62			

Workout #23474 - Monday, 08 April 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
4:15 PM	Start			
1	on 12:00 DS/Showers	REC		
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3		
375	15 x 25 on :30 100 Fly Pace	SP2		
1	on 7:00 Video Evaluations	REC		
375	15 x 25 on :30 100 Back Pace	SP2		
1	on 6:00 Video Evaluations	REC		
750	15 x 50 on :55 200 Breast Pace	SP2		
1	on 6:00 Video Evaluations	REC		
750	15 x 50 on :50 200 Free Pace	SP2		
5:45 PM	2,475 Yards - Stress Value = 235			

Workout #23475 - Monday, 08 April 2019

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:30 PM	Start			
1	on 25:00 DS/Dryland			
300	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP			
75	5 x 15 on :45 Shooters			
450	1x{1 x 100 on 2:00 Free Kick w/board {1 x 100 on 1:55 Free Kick w/board {1 x 100 on 1:50 Free Kick w/board			

	{1 x 100 on 1:45 Free Kick w/board			
	{1 x 50 on :50 Free Kick w/board			
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks			
1,000	4 x 250 on 3:30 3 Min Swims 30sec rest			
450	18 x 25 on :30 USRPT-100 Free Pace			
	1 on 10:00 Game			
200	1 x 200 on 4:00 Stroke Drills			
7:00 PM	2,575 Yards - Stress Value = 57			

Workout #23476 - Monday, 08 April 2019

Group 2 - Gold

1 minute rest between sets

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

Workout #23477 - Monday, 08 April 2019

Group 2 - Silver

1 minute rest between sets

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

Workout #23478 - Monday, 08 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

150	10 x 15 on :45 Shooters	SP3
600	1x{3 x 100 on 1:30 Backstroke	EN2
	{ 3rd 100 90% effort	
	{2 x 100 on 1:30 Backstroke	EN2
	{ 2nd 100 95% effort	
	{1 x 100 on 1:30 Backstroke	EN2
	{ 100% effort	
500	10 x 50 on :55 Pulls odds BTB evens BTS	EN1
	Hold breath 3 strokes off 1st wall	
	Hold breath 3+1 off turn wall1 to 7-repeat	
600	1x{3 x 100 on 1:30 Backstroke	EN2
	{ 3rd 100 L.25 12 yds under	
	{2 x 100 on 1:30 Backstroke	EN2
	{ 2nd 100 L.25 14yds under	
	{1 x 100 on 1:30 Backstroke	EN2
	{ L.25 16yds under	
50	1 x 50 on 3:00 Back for time	SP2
800	1x{2 x 100 on 1:40 Kick	EN2
	{2 x 100 on 1:35 Kick	EN2
	{2 x 100 on 1:30 Kick	EN2
	{2 x 100 on 1:25 Kick	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	5:44 PM 3,600 Yards - Stress Value = 56	

Workout #23479 - Monday, 08 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23482 - Tuesday, 09 April 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS/Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC
150	10 x 15 on :45 Shooters	SP3
500	1x{3 x 100 on 1:40 Backstroke	EN2
	{ 3rd 100 90% effort	
	{2 x 75 on 1:15 Backstroke	EN2
	{ 2nd 75 95% effort	
	{1 x 50 on :50 Backstroke	EN2
	{ 100% effort	
500	10 x 50 on :55 Pulls odds BTB evens BTS	EN1
	Hold breath 3 strokes off 1st wall	
	Hold breath 3+1 off turn wall1 to 7-repeat	
500	1x{3 x 100 on 1:40 Backstroke	EN2
	{ 3rd 100 L.25 12 yds under	
	{2 x 75 on 1:15 Backstroke	EN2
	{ 2nd 75 L.25 14yds under	
	{1 x 50 on :50 Backstroke	EN2
	{ L.25 16yds under	
50	1 x 50 on 3:00 Back for time	SP2
800	1x{2 x 100 on 1:50 Kick	EN2
	{2 x 100 on 1:45 Kick	EN2
	{2 x 100 on 1:40 Kick	EN2
	{2 x 100 on 1:35 Kick	EN2
300	6 x 50 on 1:00 Stroke Drills	REC
	5:45 PM 3,400 Yards - Stress Value = 52	

Workout #23480 - Monday, 08 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #23483 - Tuesday, 09 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS/Showers	REC
150	10 x 15 on :45 Racing Skills-Back Shooters	SP3
375	15 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Video Evaluations	REC
375	15 x 25 on :30 100 Free Pace	SP2
	1 on 8:00 Video Evaluations	REC
750	15 x 50 on :50 200 Fly Pace	SP2
	1 on 8:00 Video Evaluations	REC
750	15 x 50 on :50 200 Back Pace	SP2
	5:45 PM 2,400 Yards - Stress Value = 232	

Workout #23481 - Tuesday, 09 April 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS/Showers	REC
600	1 x 600 on 9:00 Top Hat Drill	REC

Workout #23484 - Tuesday, 09 April 2019

Group 2 - Back

1 minute rest between sets

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

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23485 - Tuesday, 09 April 2019

Group 2 - Gold

1 minute rest between sets

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

Workout #23488 - Tuesday, 09 April 2019

Group 2 - Bronze

1 minute rest between sets

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

Workout #23486 - Tuesday, 09 April 2019

Group 2 - Silver

1 minute rest between sets

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

Workout #23489 - Tuesday, 09 April 2019

Group 2 - Copper

1 minute rest between sets

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

Workout #23487 - Tuesday, 09 April 2019

Workout #23490 - Wednesday, 10 April 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 DS>Showers	F
500	20 x 25 on :30 Wednesday Warm-up	F
150	10 x 15 on :45 Shooters	€
600	1x{2 x 100 on 1:45 Breast-odds 2X pullouts on { start wall-evens 2X pullouts on bh wall	F
	{ 2 x 50 on :50 25brst 25free-6bk br on 5	F
	{ 2 x 100 on 1:40 Breast-same as above	F
	{ 2 x 50 on :50 Same as above	F
900	1x{8 x 25 on :30 Kick no board BSLR	F
	{ Minimum 12.5 yds under	F
	{ 2 x 75 on 1:30 Kick	F
	{ 8 x 25 on :30 Kick no board BSLR	F
	{ Minimum 12.5yds +.5 bl under	F
	{ 2 x 75 on 1:30 Kick	F
	{ 8 x 25 on :30 Kick no board BSLR	F
	{ Minimum 12.5yds + 1 bl under	F
600	1x{2 x 100 on 1:45 Breast 1st&4th 25-2K1P	F
	{ 2nd 25 4 strks under 2 up	F
	{ 3rd 25 build to 100%	F
	{ 2 x 50 on :50 25brst 25free 6bk br on 7	F
	{ 2 x 100 on 1:40 Breast-same as above	F
	{ 2 x 50 on :50 Same as above	F
50	1 x 50 on 3:00 Breast OTB for time	€
400	8 x 50 on 1:00 Stroke Drills	F
	5:45 PM 3,200 Yards - Stress Value = 52	

Workout #23491 - Wednesday, 10 April 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 15:00 DS>Showers	F
500	20 x 25 on :30 Wednesday Warm-up	F
150	10 x 15 on :45 Shooters	€
600	1x{2 x 100 on 1:50 Breast-odds 2X pullouts on { start wall-evens 2X pullouts on bh wall	F
	{ 2 x 50 on :50 25brst 25free-6bk br on 5	F
	{ 2 x 100 on 1:45 Breast-same as above	F
	{ 2 x 50 on :50 Same as above	F
900	1x{8 x 25 on :30 Kick no board BSLR	F
	{ Minimum 12.5 yds under	F
	{ 2 x 75 on 1:30 Kick	F
	{ 8 x 25 on :30 Kick no board BSLR	F
	{ Minimum 12.5yds +.5 bl under	F
	{ 2 x 75 on 1:30 Kick	F
	{ 8 x 25 on :30 Kick no board BSLR	F
	{ Minimum 12.5yds + 1 bl under	F
600	1x{2 x 100 on 1:50 Breast 1st&4th 25-2K1P	F
	{ 2nd 25 4 strks under 2 up	F
	{ 3rd 25 build to 100%	F
	{ 2 x 50 on :50 25brst 25free 6bk br on 7	F
	{ 2 x 100 on 1:40 Breast-same as above	F
	{ 2 x 50 on :50 Same as above	F
50	1 x 50 on 3:00 Breast OTB for time	€
400	8 x 50 on 1:00 Stroke Drills	F
	5:45 PM 3,200 Yards - Stress Value = 52	

Workout #23492 - Wednesday, 10 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 12:00 DS>Showers	REC
150	10 x 15 on :45 Racing Skills-Breast Shooters	SP2

2,500	25 x 100 on 1:25 1650 Free Pace	SP2
	1 on 8:00 Video Evaluations-2 corrections	REC
160	8 x 20 on 3:00 Time Underwaters	SP2
	5:45 PM 2,810 Yards - Stress Value = 272	

Workout #23493 - Wednesday, 10 April 2019

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

Workout #23494 - Wednesday, 10 April 2019

Group 2 - Gold

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

Workout #23495 - Wednesday, 10 April 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Workout #23496 - Wednesday, 10 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23497 - Wednesday, 10 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23498 - Wednesday, 10 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #23499 - Thursday, 11 April 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 15:00 DS/Showers
150	1 x 600 on 9:00 Underwater trn drill Odd 100s free even 100's back
1,000	10 x 15 on :45 Shooters Free:hb 3 SOW + NB inside flags/straight ar
500	1x{6 x 25 on :30 Fly with free kick {2 x 50 on :45 Freestyle {5 x 25 on :30 Fly with free kick {2 x 50 on :45 Freestyle {4 x 25 on :30 Fly with free kick {2 x 50 on :45 Freestyle {3 x 25 on :30 Fly with free kick {2 x 50 on :45 Freestyle {2 x 25 on :30 Fly with free kick {2 x 50 on :45 Freestyle
750	10 x 50 on 1:00 Pulls-Alt breakouts-shldrs/r knees/feet-hb 3 SOW
400	1x{5 x 25 on :30 Fly 1up2down {2 x 50 on :45 Freestyle {4 x 25 on :30 Fly 5KOW+1 {2 x 50 on :45 Freestyle {3 x 25 on :30 Fly hb 3 SOW {2 x 50 on :45 Freestyle {2 x 25 on :30 Fly nb 1.10 yds {2 x 50 on :45 Freestyle
50	1 x 50 on 3:00 Fly OTB
5:45 PM 3,450 Yards - Stress Value = 50	8 x 50 on 1:00 Stroke Drills

Workout #23500 - Thursday, 11 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY W
150	1 on 12:00 DS/Showers	REC
375	10 x 15 on :45 Racing Skills-Fly Shooters	SP3
375	15 x 25 on :30 100 Back Pace	SP2
375	1 on 8:00 Video Evaluations	REC
750	15 x 25 on :30 100 Fly Pace	SP2
750	1 on 8:00 Video Evaluations	REC
750	15 x 50 on :50 200 Free Pace	SP2
750	1 on 7:00 Video Evaluations	REC
750	15 x 50 on :55 200 Breast Pace	SP2
5:45 PM 2,400 Yards - Stress Value = 232		

Workout #23501 - Thursday, 11 April 2019

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
125	1 x 300 on 5:00 Free 3KOW to 10 back to 3
450	5 x 25 on :45 Shooters
100	1x{4 x 25 on :30 Kick no board BSLR {2 x 100 on 1:55 Fly Kick w/board {4 x 25 on :30 Kick no board BSLR {1 x 50 on :55 Fly Kick w/board
100	1 on 15:00 TEACH DAY-Fly
450	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
200	18 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
	1 x 200 on 4:00 Stroke Drills
7:00 PM 1,625 Yards - Stress Value = 59	

Workout #23502 - Thursday, 11 April 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

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

Workout #23503 - Thursday, 11 April 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Workout #23504 - Thursday, 11 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23505 - Thursday, 11 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
125	1 x 200 on 5:00 Free 3KOW to 10 back to 3
300	5 x 25 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR

	{ 2 x 100 on 2:45 Fly Kick w/board
	1 on 15:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
300	12 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,225 Yards - Stress Value = 41

Workout #23506 - Thursday, 11 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #23507 - Friday, 12 April 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 15:00 DS/Showers
150	1 x 600 on 9:00 Reverse IM drill
1,400	10 x 15 on :45 Shooters-all crossover turns
	1x{1 x 100 on 1:25 Individual Medley
	{ 2 x 75 on 1:10 Fly-25L 25R 25 B
	{ 2 x 100 on 1:20 Individual Medley
	{ 2 x 75 on 1:10 Back 25L 25R 25B
	{ 3 x 100 on 1:15 Individual Medley
	{ 2 x 75 on 1:15 Brst 25Flk 25Frk 25Rk
	{ 2 x 100 on 1:10 Individual Medley
	{ 2 x 75 on 1:05 Fr 25scldsdfst25catchup25reg
450	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds
	{ 1 x 150 on 2:00 Pulls-nbbf&w + 2 yds
	{ 1 x 100 on 1:20 Pulls-nbbf&w + 2 yds
800	1x{2 x 25 on :30 Kick no board B
	{ 1 x 100 on 1:30 Kick
	{ 2 x 25 on :30 Kick no board S
	{ 2 x 100 on 1:30 Kick
	{ 2 x 25 on :30 Kick no board L
	{ 3 x 100 on 1:30 Kick
	{ 2 x 25 on :30 Kick no board R
	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 3,650 Yards - Stress Value = 55

Workout #23508 - Friday, 12 April 2019

1 minute rest between sets

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	S
600	1 on 15:00 DS/Showers			
150	1 x 600 on 9:00 Reverse IM drill			
1,300	10 x 15 on :45 Shooters-all crossover turns			
	1x{1 x 100 on 1:35 Individual Medley			
	{2 x 75 on 1:15 Fly-25L 25R 25 B			
	{2 x 100 on 1:30 Individual Medley			
	{2 x 75 on 1:15 Back 25L 25R 25B			
	{3 x 100 on 1:25 Individual Medley			
	{2 x 75 on 1:20 Brst 25FlK 25FrK 25Rk			
	{1 x 100 on 1:20 Individual Medley			
	{2 x 75 on 1:05 Fr 25sclsdfst25catchup25reg			
450	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds			
	{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds			
	{1 x 100 on 1:20 Pulls-nbbf&w + 2 yds			
700	1x{2 x 25 on :30 Kick no board B			
	{1 x 100 on 1:45 Kick			
	{2 x 25 on :30 Kick no board S			
	{2 x 100 on 1:45 Kick			
	{2 x 25 on :30 Kick no board L			
	{2 x 100 on 1:45 Kick			
	{2 x 25 on :30 Kick no board R			
250	1 on 10:00 Racing Skills-Starts			
	1 x 250 on 4:00 Stroke Drills			
	5:45 PM 3,450 Yards - Stress Value = 51			

Workout #23509 - Friday, 12 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 12:00 DS/Showers			
150	10 x 15 on :45 Racing Skills-IM Shooters-bk-br			
375	15 x 25 on :30 100 Free Pace			
	1 on 9:00 Video Evaluations			
375	15 x 25 on :30 100 Breast Pace			
	1 on 9:00 Video Evaluations			
500	20 x 25 on :30 200 Fly Pace			
	1 on 9:00 Video Evaluations			
750	15 x 50 on :50 200 Back Pace			
	5:45 PM 2,150 Yards - Stress Value = 167			

Workout #23510 - Friday, 12 April 2019

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 DS/Dryland	REC	L I	
500	4 x 125 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,500	1x{5 x 100 on 1:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:30 PM 2,350 Yards - Stress Value = 36			

Workout #23511 - Friday, 12 April 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 DS/Dryland	REC	L I	
500	4 x 125 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,400	1x{5 x 100 on 1:40 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:40 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:40 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:40 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:30 PM 2,250 Yards - Stress Value = 34			

Workout #23512 - Friday, 12 April 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 DS/Dryland	REC	L I	
400	4 x 100 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,300	1x{5 x 100 on 1:50 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:50 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:50 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:50 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:30 PM 2,050 Yards - Stress Value = 32			

Workout #23513 - Friday, 12 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
	1 on 40:00 DS/Dryland	REC	L I	
400	4 x 100 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,250	1x{5 x 100 on 1:55 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:55 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:55 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{1 x 50 on :55 Free-100%	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:30 PM 2,000 Yards - Stress Value = 31			

Workout #23514 - Friday, 12 April 2019

1 minute rest between sets

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	Start
5:00 PM	Start			
600	1 on 40:00 DS/Dryland	REC	L I	
300	4 x 75 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
900	1x{3 x 100 on 2:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 2:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 2:30 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 2:30 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:29 PM	1,550 Yards - Stress Value = 24			

Yards	Set Description	EGY	Start
4:15 PM	Start		
600	1 on 15:00 DS/Showers	REC	
150	1 x 600 on 10:00 Swim-kick-pull-swim		
750	10 x 15 on :45 Shooters		
	All BSLR, min 15m underwater		
	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 1:40 Kick best effort		
	{4 x 25 on :40 Kick no board BSLR		
	{1 x 100 on 1:45 Kick best effort		
	{4 x 25 on :35 Kick no board BSLR		
	{1 x 100 on 1:50 Kick best effort		
	{4 x 25 on :30 Kick no board BSLR		
	{1 x 50 on :55 Kick best effort		
550	1 x 550 on 8:00 Pulls-no br L.12 yds of each 100		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,200	1x{4 x 175 on 2:30 Freestyle		
	{4 x 150 on 2:10 Freestyle		
	{4 x 125 on 1:50 Freestyle		
	{4 x 100 on 1:25 Freestyle		
	1st 25 of each 5 KOW sprint 12.5yds		
	Last 25 of each repeat alt between		
	10 KOW +Exp BO and 6 beat kick		
200	1 x 200 on 3:00 Stroke Drills		
6:00 PM	4,650 Yards - Stress Value = 72		

Workout #23515 - Friday, 12 April 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	Start
5:00 PM	Start			
600	1 on 40:00 DS/Dryland	REC	L I	
300	4 x 75 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	1x{3 x 100 on 3:00 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 3:00 Individual Medley	EN2	S	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 3:00 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:29 PM	1,450 Yards - Stress Value = 22			

Workout #23518 - Monday, 15 April 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	Start
4:15 PM	Start		
225	1 on 12:00 DS/Showers	REC	
500	15 x 15 on :45 Racing Skills-Free Shooters	SP3	
	20 x 25 on :30 100 Breast Pace	SP2	
500	1 on 8:00 Video Evaluations	REC	
	20 x 25 on :30 100 Back Pace	SP2	
	1 on 8:00 Video Evaluations	REC	
1,000	20 x 50 on :50 200 Fly Pace	SP2	
	1 on 7:00 Video Evaluations	REC	
1,000	20 x 50 on :50 200 Free Pace	SP2	
6:00 PM	3,225 Yards - Stress Value = 309		

Workout #23516 - Monday, 15 April 2019

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	Start
4:15 PM	Start		
600	1 on 15:00 DS/Showers	REC	
150	1 x 600 on 9:00 Swim-kick-pull-swim		
	10 x 15 on :45 Shooters		
	All BSLR, min 15m underwater		
800	1x{4 x 25 on :45 Kick no board BSLR		
	{1 x 100 on 1:30 Kick best effort		
	{4 x 25 on :40 Kick no board BSLR		
	{1 x 100 on 1:35 Kick best effort		
	{4 x 25 on :35 Kick no board BSLR		
	{1 x 100 on 1:40 Kick best effort		
	{4 x 25 on :30 Kick no board BSLR		
	{1 x 100 on 1:45 Kick best effort		
600	1 x 600 on 8:00 Pulls-no br L.12 yds of each 100		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,500	1x{4 x 175 on 2:20 Freestyle		
	{4 x 150 on 2:00 Freestyle		
	{4 x 125 on 1:40 Freestyle		
	{4 x 100 on 1:20 Freestyle		
	{4 x 75 on 1:00 Freestyle		
	1st 25 of each 5 KOW sprint 12.5yds		
	Last 25 of each repeat alt between		
	10 KOW +Exp BO and 6 beat kick		
200	1 x 200 on 3:00 Stroke Drills		
6:01 PM	5,050 Yards - Stress Value = 78		

Workout #23517 - Monday, 15 April 2019

Group 3 - Gold

Workout #23519 - Monday, 15 April 2019

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
450	6 x 15 on :45 Shooters
1x{6 x 25 on :30 Kick no board B	
	{1 x 100 on 2:00 Streamline kick on back
	{2 x 50 on 1:00 Kick on left side
	{2 x 50 on 1:00 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1st of each round 5 KOW
	2nd of each round 1st 25 great tempo
	3rd of each round 10 KOW of last wall
900	1x{3 x 125 on 1:55 Backstroke
	{3 x 100 on 1:30 Backstroke
	{3 x 75 on 1:10 Backstroke
375	15 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,415 Yards - Stress Value = 69

Workout #23520 - Monday, 15 April 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
400	6 x 15 on :45 Shooters
1x{4 x 25 on :35 Kick no board B	
	{1 x 100 on 2:10 Streamline kick on back
	{2 x 50 on 1:05 Kick on left side
	{2 x 50 on 1:05 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1st of each round 5 KOW
	2nd of each round 1st 25 great tempo
	3rd of each round 10 KOW of last wall
825	1x{3 x 125 on 2:05 Backstroke
	{3 x 100 on 1:40 Backstroke
	{2 x 75 on 1:15 Backstroke
325	13 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,240 Yards - Stress Value = 61

Workout #23521 - Monday, 15 April 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
90	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
350	6 x 15 on :45 Shooters
1x{6 x 25 on :40 Kick no board B	
	{1 x 100 on 2:20 Streamline kick on back
	{1 x 50 on 1:10 Kick on left side
	{1 x 50 on 1:10 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1st of each round 5 KOW
	2nd of each round 1st 25 great tempo
	3rd of each round 10 KOW of last wall
725	1x{3 x 125 on 2:15 Backstroke
	{3 x 100 on 1:50 Backstroke

	{1 x 50 on :55 Backstroke-FAST
325	13 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 2,040 Yards - Stress Value = 58

Workout #23522 - Monday, 15 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23523 - Monday, 15 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23524 - Monday, 15 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
90	6 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board B
	{1 x 100 on 3:00 Streamline kick on back
	{1 x 50 on 1:30 Kick on left side
	{1 x 50 on 1:30 Kick on right side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1st of each round 5 KOW
	2nd of each round 1st 25 great tempo
	3rd of each round 10 KOW of last wall
450	1x{3 x 100 on 3:00 Backstroke
	{3 x 50 on 1:30 Backstroke
250	10 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,590 Yards - Stress Value = 44

Workout #23525 - Tuesday, 16 April 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
600	1 x 600 on 9:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,400	1x{3 x 150 on 2:25 Kick
	{4 x 25 on :45 Sprint kick
	{3 x 125 on 2:00 Kick
	{4 x 25 on :40 Sprint kick
	{3 x 100 on 1:35 Kick
	{3 x 25 on :35 Sprint kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	8x{3 x 50 on :40 3 strokes fly off walls
	{ #3 of each set-whole stroke
	{1 x 100 on 2:00 Fly Drill
250	1 x 250 on 4:00 Stroke Drills
	6:00 PM 4,600 Yards - Stress Value = 77

Workout #23526 - Tuesday, 16 April 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
600	1 x 600 on 9:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,300	1x{3 x 150 on 2:35 Kick
	{4 x 25 on :45 Sprint kick
	{3 x 125 on 2:10 Kick
	{4 x 25 on :40 Sprint kick
	{2 x 100 on 1:45 Kick
	{3 x 25 on :35 Sprint kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	8x{3 x 50 on :45 3 strokes fly off walls
	{ #3 of each set whole stroke
	{1 x 100 on 2:00 Fly Drill
	Do not do the 100 of the 8th set
250	1 x 250 on 4:00 Stroke Drills
	6:02 PM 4,500 Yards - Stress Value = 75

Workout #23527 - Tuesday, 16 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
500	20 x 25 on :30 100 Fly Pace	SP2
	1 on 7:00 Video Evaluations	REC
500	20 x 25 on :30 100 Back Pace	SP2
	1 on 7:00 Video Evaluations	REC
1,000	20 x 50 on :55 200 Breast Pace	SP2
	1 on 7:00 Video Evaluations	REC
1,000	20 x 50 on :50 200 Free Pace	SP2
	6:00 PM 3,225 Yards - Stress Value = 309	

Workout #23528 - Tuesday, 16 April 2019

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
75	5 x 15 on :45 Shooters
450	1x{4 x 100 on 1:55 Breast Kick w/board
	{1 x 50 on :55 Breast Kick w/board
	Odds-100% Effort
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	Alt odds 1st 25 fly kick/free kick
	All turns 2X pullouts
700	1x{5 x 50 on 1:05 Breaststroke
	{4 x 50 on 1:00 Breaststroke
	{3 x 50 on :55 Breaststroke
	{2 x 50 on :50 Breaststroke
325	13 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,200 Yards - Stress Value = 58

Workout #23529 - Tuesday, 16 April 2019

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

Workout #23530 - Tuesday, 16 April 2019

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

Workout #23531 - Tuesday, 16 April 2019

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

Workout #23532 - Tuesday, 16 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 SunYangFree-Count strokes
 75 5 x 15 on :45 Shooters
 300 3 x 100 on 2:45 Breast Kick w/board
 Odds-100% Effort
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 Alt odds 1st 25 fly kick/free kick
 All turns 2X pullouts
 500 1x{4 x 50 on 1:25 Breaststroke
 {3 x 50 on 1:20 Breaststroke
 {2 x 50 on 1:15 Breaststroke
 {1 x 50 on 1:10 Breaststroke
 250 10 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Relay Starts
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,675 Yards - Stress Value = 44

Workout #23533 - Tuesday, 16 April 2019

Group 2 - Copper

1 minute rest between sets

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

Workout #23534 - Wednesday, 17 April 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,500 1x{6 x 25 on :30 Kick no board B
 {6 x 50 on 1:00 Kick-fast
 {6 x 25 on :30 Kick no board S
 {6 x 50 on :55 Kick-fast
 {6 x 25 on :30 Kick no board L
 {6 x 50 on :50 Kick-fast
 {6 x 25 on :30 Kick no board R
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,575 1x{1 x 200 on 3:20 Breast 1st 25 free Kick
 {4 x 25 on :30 Breast +1 pullouts
 {1 x 175 on 2:55 Breast 1st 25 free Kick
 {4 x 25 on :30 Breast +1 pullouts
 {1 x 150 on 2:30 Breast 1st 25 free Kick
 {4 x 25 on :30 Breast +1 pullouts
 {1 x 125 on 2:05 Breast 1st 25 free Kick
 {4 x 25 on :30 Breast +1 pullouts
 {1 x 100 on 1:40 Breast 1st 25 free Kick
 {4 x 25 on :30 Breast +1 pullouts
 {1 x 75 on 1:15 Breast 1st 25 free kick
 {4 x 25 on :30 Breast +1 pullouts
 {1 x 50 on :50 Breast 1st 25 free Kick
 {4 x 25 on :30 Breast +1 pullouts
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 4,125 Yards - Stress Value = 70

Workout #23535 - Wednesday, 17 April 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 500 1 on 15:00 DS>Showers
 150 20 x 25 on :30 Wednesday Warm-up
 1,500 10 x 15 on :45 Shooters
 1x{6 x 25 on :30 Kick no board B
 {6 x 50 on 1:00 Kick-fast
 {6 x 25 on :30 Kick no board S
 {6 x 50 on :55 Kick-fast
 {6 x 25 on :30 Kick no board L
 {6 x 50 on :50 Kick-fast
 {6 x 25 on :30 Kick no board R
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 grt finishes
 1,425 1x{1 x 200 on 3:35 Breast 1st 25 free Kick
 {4 x 25 on :35 Breast +1 pullouts
 {1 x 175 on 3:05 Breast 1st 25 free Kick
 {4 x 25 on :35 Breast +1 pullouts
 {1 x 150 on 2:40 Breast 1st 25 free Kick
 {4 x 25 on :35 Breast +1 pullouts
 {1 x 125 on 2:15 Breast 1st 25 free Kick
 {4 x 25 on :35 Breast +1 pullouts
 {1 x 100 on 1:45 Breast 1st 25 free Kick
 {4 x 25 on :35 Breast +1 pullouts
 {1 x 75 on 1:20 Breast 1st 25 free kick
 {4 x 25 on :35 Breast +1 pullouts
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 3,975 Yards - Stress Value = 67

Workout #23536 - Wednesday, 17 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 225 15 x 15 on :45 Racing Skills-Breast Shooters
 500 20 x 25 on :30 100 Free Pace
 1 on 9:00 Video Evaluations
 500 20 x 25 on :30 100 Breast Pace
 1 on 9:00 Video Evaluations
 1,000 20 x 50 on :50 200 Back Pace
 1 on 9:00 Video Evaluations
 625 25 x 25 on :30 200 Fly Pace
 6:00 PM 2,850 Yards - Stress Value = 271

Workout #23537 - Wednesday, 17 April 2019

Group 2 - Fly

1 minute rest between sets

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

Workout #23538 - Wednesday, 17 April 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 10 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :35 Kick no board S
 {2 x 100 on 2:05 Fly Kick w/board
 {2 x 25 on :35 Kick no board S
 {1 x 50 on 1:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{7 x 50 on 1:00 Butterfly 3 SOW/25 w/free Kic
 {6 x 50 on 1:00 Butterfly 4 SOW/25 w/free Kic
 {5 x 50 on 1:00 Butterfly 5 SOW/25 w/free Kic
 {1 x 50 on 1:00 Butterfly 6 SOW/25 w/free Kic
 325 13 x 25 on :35 USRPT-100 Fly Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,425 Yards - Stress Value = 65

Workout #23539 - Wednesday, 17 April 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 225 9 x 25 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on :40 Kick no board S
 {2 x 100 on 2:20 Fly Kick w/board
 {2 x 25 on :40 Kick no board S
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{6 x 50 on 1:10 Butterfly 3 SOW/25 w/free Kic
 {5 x 50 on 1:10 Butterfly 4 SOW/25 w/free Kic
 {4 x 50 on 1:10 Butterfly 5 SOW/25 w/free Kic
 {1 x 50 on 1:10 Butterfly 6 SOW/25 w/free Kic
 300 12 x 25 on :40 USRPT-100 Fly Pace
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,175 Yards - Stress Value = 59

Workout #23540 - Wednesday, 17 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23541 - Wednesday, 17 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23542 - Wednesday, 17 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #23543 - Thursday, 18 April 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 15:00 DS/Showers
150	1 x 600 on 9:00 Underwater trn drill
	Odd 100's free evens 100's back
900	10 x 15 on :45 Shooters
	1x{1 x 100 on 1:25 Kick
	{ 1 x 100 on 1:30 Kick
	{ 1 x 100 on 1:35 Kick
	{ 1 x 100 on 1:40 Kick
	{ 1 x 100 on 1:45 Kick
	{ 1 x 100 on 1:40 Kick
	{ 1 x 100 on 1:35 Kick
	{ 1 x 100 on 1:30 Kick
	{ 1 x 100 on 1:25 Kick
700	7 x 100 on 1:20 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{1 x 100 on 1:30 Backstroke
	{ 1 x 100 on 1:25 Backstroke
	{ 1 x 100 on 1:20 Backstroke
	{ 1 x 100 on 1:15 Backstroke
	{ 1 x 100 on 1:10 Backstroke
	{ 1 x 200 on 3:30 Backstroke Drill
	{ 2 x 75 on 1:10 Backstroke

	{ 2 x 75 on 1:05 Backstroke
	{ 2 x 75 on 1:00 Backstroke
	{ 2 x 75 on :55 Backstroke
	{ 1 x 150 on 2:35 Backstroke Drill
	{ 3 x 50 on :45 Backstroke
	{ 3 x 50 on :40 Backstroke
	{ 3 x 50 on :35 Backstroke
	{ 1 x 100 on 1:45 Backstroke Drill
	{ 4 x 25 on :30 Backstroke-100%
	{ 4 x 25 on :25 Backstroke-100%
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 4,950 Yards - Stress Value = 75

Workout #23544 - Thursday, 18 April 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 15:00 DS/Showers
150	1 x 600 on 9:00 Underwater trn drill
	Odd 100's free evens 100's back
850	10 x 15 on :45 Shooters
	1x{1 x 100 on 1:35 Kick
	{ 1 x 100 on 1:40 Kick
	{ 1 x 100 on 1:45 Kick
	{ 1 x 100 on 1:50 Kick
	{ 1 x 100 on 1:55 Kick
	{ 1 x 100 on 1:50 Kick
	{ 1 x 100 on 1:45 Kick
	{ 1 x 100 on 1:40 Kick
	{ 1 x 50 on :50 Kick
700	7 x 100 on 1:25 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 100 on 1:35 Backstroke
	{ 1 x 100 on 1:30 Backstroke
	{ 1 x 100 on 1:25 Backstroke
	{ 1 x 100 on 1:20 Backstroke
	{ 1 x 100 on 1:15 Backstroke
	{ 1 x 200 on 3:30 Backstroke Drill
	{ 2 x 75 on 1:15 Backstroke
	{ 2 x 75 on 1:10 Backstroke
	{ 2 x 75 on 1:05 Backstroke
	{ 2 x 75 on 1:00 Backstroke
	{ 1 x 150 on 2:35 Backstroke Drill
	{ 3 x 50 on :50 Backstroke
	{ 3 x 50 on :45 Backstroke
	{ 3 x 50 on :40 Backstroke
	{ 1 x 100 on 1:45 Backstroke Drill
	{ 4 x 25 on :30 Backstroke-100%
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 4,800 Yards - Stress Value = 72

Workout #23545 - Thursday, 18 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY W
225	1 on 12:00 DS/Showers	REC
500	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
	20 x 25 on :30 100 Free Pace	SP2
	1 on 7:00 Video Evaluations	REC
500	20 x 25 on :30 100 Fly Pace	SP2
	1 on 7:00 Video Evaluations	REC
1,000	20 x 50 on :50 200 Back Pace	SP2
	1 on 7:00 Video Evaluations	REC
1,000	20 x 50 on :55 200 Breast Pace	SP2
	6:00 PM 3,225 Yards - Stress Value = 309	

Workout #23546 - Thursday, 18 April 2019

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

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

Workout #23547 - Thursday, 18 April 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

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

Workout #23548 - Thursday, 18 April 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Workout #23549 - Thursday, 18 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

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

Workout #23550 - Thursday, 18 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23551 - Thursday, 18 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 20:00 DS/Dryland
250	1 x 250 on 6:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
250	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 1:30 Fly Kick w/board
	{1 x 50 on 1:30 Breast Kick w/board
	{1 x 50 on 1:30 Free Kick w/board
	1 on 15:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
275	11 x 25 on :45 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,225 Yards - Stress Value = 39

Workout #23552 - Friday, 19 April 2019

Group 3 - IM'ers

1 minute rest between sets

8:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,130 1x{2 x 100 on 1:40 Kick
 {2 x 25 on :45 Tombstone Kicking
 {4 x 15 on :30 Underwater Fly Kick
 {2 x 100 on 1:40 Kick
 {2 x 25 on :45 Tombstone Kicking
 {4 x 15 on :30 Underwater Fly Kick
 {2 x 100 on 1:40 Kick
 {2 x 25 on :45 Tombstone Kicking
 {4 x 15 on :30 Underwater Fly Kick
 {2 x 100 on 1:40 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 1x{4 x 25 on :20 Freestyle
 {1 x 100 on 1:20 Individual Medley
 {4 x 25 on :25 odds free evens fly
 {1 x 200 on 2:40 Individual Medley
 {4 x 25 on :25 odds free evens back
 {1 x 300 on 4:00 Individual Medley
 {4 x 25 on :25 odds free evens brst
 {1 x 400 on 5:20 Individual Medley
 {4 x 25 on :25 odds free evens fly
 {1 x 300 on 4:00 Individual Medley
 {4 x 25 on :25 odds free evens back
 {1 x 200 on 2:40 Individual Medley
 {4 x 25 on :25 odds free evens brst
 {1 x 100 on 1:20 Individual Medley
 {4 x 25 on :25 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 9:45 AM 4,680 Yards - Stress Value = 73

Workout #23553 - Friday, 19 April 2019

Group 3 - Gold

1 minute rest between sets

8:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,055 1x{2 x 100 on 1:50 Kick
 {2 x 25 on :45 Tombstone Kicking
 {4 x 15 on :30 Underwater Fly Kick
 {2 x 100 on 1:50 Kick
 {2 x 25 on :45 Tombstone Kicking
 {4 x 15 on :30 Underwater Fly Kick
 {2 x 100 on 1:50 Kick
 {2 x 25 on :45 Tombstone Kicking
 {4 x 15 on :30 Underwater Fly Kick
 {1 x 125 on 2:20 Kick
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,350 1x{4 x 25 on :20 Freestyle
 {1 x 100 on 1:30 Individual Medley
 {4 x 25 on :25 odds free evens fly
 {1 x 200 on 2:55 Individual Medley
 {4 x 25 on :25 odds free evens back
 {1 x 300 on 4:20 Individual Medley
 {4 x 25 on :25 odds free evens brst
 {1 x 400 on 5:40 Individual Medley
 {4 x 25 on :25 odds free evens fly
 {1 x 300 on 4:20 Individual Medley
 {4 x 25 on :25 odds free evens back
 {1 x 200 on 2:55 Individual Medley
 {4 x 25 on :25 odds free evens brst
 {1 x 100 on 1:30 Individual Medley

{2 x 25 on :25 Freestyle
 200 1 x 200 on 3:00 Stroke Drills
 9:46 AM 4,555 Yards - Stress Value = 70

Workout #23554 - Friday, 19 April 2019

Group 3 - USRPT

1 minute rest between sets

8:00 AM Start
 Yards Set Description EGY WC
 =====
 1 on 12:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-IM Shooters SP3
 3,000 30 x 100 on 1:25 1650 Free Pace SP2
 1 on 8:00 Video Evaluations REC
 200 8 x 25 on 3:00 50 Free Pace SP2
 9:41 AM 3,425 Yards - Stress Value = 329

Workout #23555 - Monday, 22 April 2019

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:00 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 100 on 1:45 Kick-100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,500 1x{1 x 200 on 2:30 Free 3KOW
 {2 x 200 on 2:35 Free 5KOW+6BKL25
 {3 x 200 on 2:40 Free 7KOW+NBL12.5
 {4 x 200 on 2:45 Free 7KOW+NBIF
 {1 x 100 on 3:00 Free
 {1 x 200 on 2:25 Free
 {2 x 200 on 2:30 Free
 {3 x 200 on 2:35 Free
 {1 x 200 on 2:40 Free
 250 1 x 250 on 4:00 Stroke Drills
 6:15 PM 6,000 Yards - Stress Value = 102

Workout #23556 - Monday, 22 April 2019

1 minute rest between sets

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,300 1x{1 x 100 on 2:00 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:50 Kick-100%
 {4 x 25 on :30 Kick no board BSLR
 {4 x 100 on 1:45 Kick-100%
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,400 1x{1 x 200 on 2:40 Free 3KOW
 {2 x 200 on 2:45 Free 5KOW+6BKL25
 {3 x 200 on 2:50 Free 7KOW+NBL12.5
 {4 x 200 on 2:55 Free 7KOW+NBL12.5
 {1 x 50 on 1:20 Free
 {1 x 200 on 2:35 Free
 {2 x 200 on 2:40 Free
 {3 x 200 on 2:45 Free
 {1 x 150 on 2:10 Free
 250 1 x 250 on 4:00 Stroke Drills
 6:15 PM 5,900 Yards - Stress Value = 101

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 400 1x{2 x 75 on 1:40 Breast Kick w/board
 {2 x 100 on 2:10 Breast Kick w/board
 {1 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 250 on 5:30 Breast 2X pullouts start wal
 {2 x 200 on 4:20 Breast 2X pullouts start wal
 {2 x 100 on 2:10 Breast 2X pullouts start wal
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,600 Yards - Stress Value = 86

Workout #23560 - Monday, 22 April 2019

Group 2 - Silver

1 minute rest between sets

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

Workout #23557 - Monday, 22 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 12:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-Free Shooters SP3
 625 25 x 25 on :30 100 Back Pace SP2
 1 on 8:00 Video-evaluate REC
 625 25 x 25 on :30 100 Breast Pace SP2
 1 on 8:00 Video-evaluate REC
 1,250 25 x 50 on :50 200 Free Pace SP2
 1 on 8:00 Video-Evaluate REC
 1,250 25 x 50 on :50 200 Fly Pace SP2
 6:15 PM 3,975 Yards - Stress Value = 383

Workout #23561 - Monday, 22 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 350 1x{2 x 75 on 1:55 Breast Kick w/board
 {2 x 100 on 2:30 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 750 1x{1 x 250 on 6:15 Breast 2X pullouts start wal
 {2 x 200 on 5:00 Breast 2X pullouts start wal
 {1 x 100 on 2:30 Breast 2X pullouts start wal
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,350 Yards - Stress Value = 78

Workout #23558 - Monday, 22 April 2019

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 450 1x{2 x 75 on 1:30 Breast Kick w/board
 {2 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
 950 1x{1 x 250 on 5:00 Breast 2X pullouts start wal
 {2 x 200 on 4:00 Breast 2X pullouts start wal
 {3 x 100 on 2:00 Breast 2X pullouts start wal
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Game
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,825 Yards - Stress Value = 96

Workout #23559 - Monday, 22 April 2019

Group 2 - Gold

Workout #23562 - Monday, 22 April 2019

Group 2 - Bronze

1 minute rest between sets

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

Workout #23563 - Monday, 22 April 2019

Group 2 - Copper

1 minute rest between sets

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

Workout #23564 - Tuesday, 23 April 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS>Showers
 600 1 x 600 on 9:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,140 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 40 on 1:00 20 underwater 20 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 40 on :55 20 undwater 20 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 40 on :50 20 underwater 20 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 40 on :45 20 underwater 20 sprint free
 1,250 1x{4 x 125 on 1:35 Pulls BWSPF
 {3 x 125 on 1:40 Pulls BWHPF
 {2 x 125 on 1:45 Pulls BWKPF
 {1 x 125 on 1:50 Pulls BWFPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{ 50's-#1 easy, 2&3 w/fins 15m/6sec underwate
 {3 x 100 on 1:30 Backstroke
 {3 x 50 on 1:00 Backstroke
 {3 x 100 on 1:25 Backstroke
 {3 x 50 on 1:00 Backstroke

{3 x 100 on 1:20 Backstroke
 {3 x 50 on 1:00 Backstroke
 {3 x 100 on 1:15 Backstroke
 {3 x 50 on 1:00 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 6:15 PM 5,440 Yards - Stress Value = 91

Workout #23565 - Tuesday, 23 April 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS>Showers
 600 1 x 600 on 9:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,140 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 40 on 1:00 20 underwater 20 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 40 on :55 20 undwater 20 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 40 on :50 20 underwater 20 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 40 on :45 20 underwater 20 sprint free
 1,150 1x{4 x 125 on 1:45 Pulls BWSPF
 {3 x 125 on 1:50 Pulls BWHPF
 {2 x 100 on 1:30 Pulls BWKPF
 {1 x 75 on 1:10 Pulls BWFPF
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{ 50's-#1 easy, 2&3 w/fins 15m/6sec underwate
 {3 x 100 on 1:35 Backstroke
 {3 x 50 on 1:00 Backstroke
 {3 x 100 on 1:30 Backstroke
 {3 x 50 on 1:00 Backstroke
 {3 x 100 on 1:25 Backstroke
 {3 x 50 on 1:00 Backstroke
 {2 x 100 on 1:20 Backstroke
 {3 x 50 on 1:00 Backstroke
 300 6 x 50 on 1:00 Stroke Drills
 6:15 PM 5,240 Yards - Stress Value = 88

Workout #23566 - Tuesday, 23 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 12:00 DS>Showers REC
 225 15 x 15 on :45 Racing Skills-Back Shooters SP3
 625 25 x 25 on :30 100 Free Pace SP2
 1 on 8:00 Video-evaluate REC
 625 25 x 25 on :30 100 Fly Pace SP2
 1 on 8:00 Video-evaluate REC
 1,250 25 x 50 on :50 200 Back Pace SP2
 1 on 6:00 Video-evaluate REC
 1,250 25 x 50 on :55 200 Breast Pace SP2
 6:15 PM 3,975 Yards - Stress Value = 383

Workout #23567 - Tuesday, 23 April 2019

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Showers
 300 1 x 300 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 450 1x{6 x 25 on :30 Kick no board S
 {1 x 150 on 2:55 Fly Kick w/board
 {6 x 25 on :30 Kick no board S
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 150 on 2:20 Butterfly
 {4 x 25 on :30 Fly lupdown+1
 {2 x 125 on 2:00 Butterfly
 {4 x 25 on :30 Fly lupdown+1
 {3 x 100 on 1:40 Butterfly
 {4 x 25 on :30 Fly lupdown+1
 {1 x 50 on :55 Butterfly
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts Certificati
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,050 Yards - Stress Value = 111

Workout #23568 - Tuesday, 23 April 2019

Group 2 - Gold

1 minute rest between sets

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

Workout #23569 - Tuesday, 23 April 2019

Group 2 - Silver

1 minute rest between sets

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

250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,550 Yards - Stress Value = 86

Workout #23570 - Tuesday, 23 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Showers
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on :40 Kick no board S
 {1 x 150 on 3:35 Fly Kick w/board
 {4 x 25 on :40 Kick no board S
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 150 on 3:00 Butterfly
 {4 x 25 on :40 Fly lupdown+1
 {2 x 125 on 2:35 Butterfly
 {2 x 25 on :40 Fly lupdown+1
 {3 x 100 on 2:05 Butterfly
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts Certificati
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,500 Yards - Stress Value = 85

Workout #23571 - Tuesday, 23 April 2019

Group 2 - Bronze

1 minute rest between sets

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

Workout #23572 - Tuesday, 23 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Showers
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board S {1 x 100 on 3:00 Fly Kick w/board {4 x 25 on :45 Kick no board S
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	1x{1 x 150 on 4:30 Butterfly {2 x 25 on :45 Fly lup1down+1 {2 x 125 on 3:30 Butterfly {2 x 25 on :45 Fly lupdown+1 {1 x 100 on 3:00 Butterfly
375	15 x 25 on 1:00 USRPT-100 Fly Pace 1 on 10:00 Racing Skills-Starts Certificati
250	1 x 250 on 4:00 Stroke Drills
	7:14 PM 1,975 Yards - Stress Value = 62

Workout #23573 - Wednesday, 24 April 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,200	1x{2 x 125 on 2:00 Kick L.25 100% {6 x 25 on :30 Kick no board B {2 x 125 on 1:55 Kick L.25 100% {6 x 25 on :30 Kick no board S {2 x 125 on 1:50 Kick L.25 100% {6 x 25 on :30 Kick no board L
750	15 x 50 on :40 Lungbuster pulls Br 3-5-7-9-7-5-3-5-7.....
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,600	2x{5 x 75 on 1:00 Fly-25L25R25B {4 x 25 on :25 Fly 5/7/9/11 KOW {4 x 75 on 1:00 Fly-25L25R25B {4 x 25 on :25 Fly 5/7/9/11 KOW {3 x 75 on 1:00 Fly-25L25R25B {4 x 25 on :25 Fly-5-7-9-11 KOW {1 x 100 on 3:00 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	6:15 PM 5,650 Yards - Stress Value = 95

Workout #23574 - Wednesday, 24 April 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,100	1x{2 x 125 on 2:15 Kick L.25 100% {6 x 25 on :30 Kick no board B {2 x 125 on 2:10 Kick L.25 100% {6 x 25 on :30 Kick no board S {2 x 75 on 1:15 Kick L.25 100% {6 x 25 on :30 Kick no board L
650	13 x 50 on :45 Lungbuster pulls Br 3-5-7-9-7-5-3-5-7.....
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes

2,500	2x{5 x 75 on 1:05 Fly-25L25R25B {4 x 25 on :30 Fly 5/7/9/11 KOW {4 x 75 on 1:05 Fly-25L25R25B {4 x 25 on :30 Fly 5/7/9/11 KOW {3 x 75 on 1:05 Fly-25L25R25B {4 x 25 on :30 Fly-5-7-9-11 KOW {1 x 50 on 1:30 Freestyle
250	1 x 250 on 4:00 Stroke Drills
	6:16 PM 5,350 Yards - Stress Value = 91

Workout #23575 - Wednesday, 24 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 12:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
625	25 x 25 on :30 100 Breast Pace	SE
	1 on 8:00 Video Evaluation	RE
625	25 x 25 on :30 100 Back Pace	SE
	1 on 8:00 Video Evaluation	RE
750	30 x 25 on :30 200 Fly Pace	SE
	1 on 8:00 Video Evaluation	RE
1,250	25 x 50 on :50 200 Free Pace	SE
	1 on 7:00 Video Evaluations 2 corrections	RE
	6:15 PM 3,475 Yards - Stress Value = 333	

Workout #23576 - Wednesday, 24 April 2019

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start

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

Workout #23577 - Wednesday, 24 April 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

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

Workout #23578 - Wednesday, 24 April 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	10 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board BSLR
	{ 2 x 50 on 1:05 Fly Kick w/board
	{ 4 x 25 on :40 Kick no board BSLR
	{ 2 x 50 on 1:05 Breast Kick w/board
	{ 4 x 25 on :40 Kick no board BSLR
	{ 1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 100 on 1:50 Butterfly
	{ 2 x 100 on 1:50 Reverse IM
	{ 1 x 100 on 1:45 Backstroke
	{ 2 x 100 on 1:50 Reverse IM
	{ 1 x 100 on 1:55 Breaststroke
	{ 2 x 100 on 1:50 Reverse IM
	{ 1 x 100 on 1:35 Freestyle
	{ 2 x 100 on 1:50 Reverse IM
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:14 PM 3,075 Yards - Stress Value = 103

Workout #23579 - Wednesday, 24 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 100 on 2:00 Butterfly
	{ 2 x 100 on 1:50 Reverse IM
	{ 1 x 100 on 1:50 Backstroke
	{ 2 x 100 on 1:50 Reverse IM
	{ 1 x 100 on 2:05 Breaststroke
	{ 2 x 100 on 1:50 Reverse IM
	{ 1 x 100 on 1:40 Freestyle
	{ 2 x 100 on 1:50 Reverse IM
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,075 Yards - Stress Value = 103

Workout #23580 - Wednesday, 24 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23581 - Wednesday, 24 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #23582 - Thursday, 25 April 2019

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM Start		
600	1 on 15:00 DS/Showers	REC
	1 x 600 on 9:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	SP3
2,250	1x{1 x 200 on 3:20 Breast 2K1P+1K upto4	EN2
	{ 6 x 50 on 1:00 Descend 2X pullouts	EN2
	{ 1 x 200 on 3:20 Breast 2K1P+1K upto4	EN2
	{ 5 x 50 on 1:00 Descend 2X pullouts	EN2
	{ 1 x 200 on 3:20 Breast 2K1P+1K upto4	EN2
	{ 4 x 50 on :55 Descend 2X pullouts	EN2
	{ 1 x 200 on 3:20 Breast 2K1P+1K upto4	EN2
	{ 3 x 50 on :55 Descend 2X pullouts	EN2
	{ 1 x 200 on 3:20 Breast 2K1P+1K upto4	EN2
	{ 2 x 50 on :50 Descend 2X pullouts	EN2
	{ 1 x 200 on 3:20 Breast 2K1P+1 upto4	EN2
	{ 1 x 50 on :45 FAST-2X pullouts	EN2
1,000	1x{1 x 200 on 3:00 Pull-175free/25breast	EN1
	{ 1 x 200 on 3:00 Pull-150free/50breast	EN1
	{ 1 x 200 on 3:00 Pull-125free/75breast	EN2
	{ 1 x 200 on 3:00 Pull-100free/100breast	EN2
	{ 1 x 200 on 3:00 Pull-75free/125breast	EN2
1,400	1x{1 x 100 on 2:00 Kick	EN1
	{ 1 x 100 on 1:30 Kick	EN2
	{ 2 x 50 on 1:00 Kick	EN1
	{ 2 x 100 on 1:35 Kick	EN2
	{ 4 x 25 on :30 Kick	EN1
	{ 3 x 100 on 1:40 Kick	EN2
	{ 2 x 50 on 1:00 Kick	EN2
	{ 4 x 100 on 1:45 Kick	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	6:15 PM 5,600 Yards - Stress Value = 92	

Workout #23583 - Thursday, 25 April 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM Start		
600	1 on 15:00 DS/Showers	REC
	1 x 600 on 9:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	SP3
2,100	1x{1 x 200 on 3:35 Breast 2K1P+1K upto4	EN2
	{ 6 x 50 on 1:00 Descend 2X pullouts	EN2
	{ 1 x 200 on 3:35 Breast 2K1P+1K upto4	EN2
	{ 5 x 50 on 1:00 Descend 2X pullouts	EN2
	{ 1 x 200 on 3:35 Breast 2K1P+1K upto4	EN2
	{ 4 x 50 on 1:00 Descend 2X pullouts	EN2
	{ 1 x 200 on 3:30 Breast 2K1P+1K upto4	EN2
	{ 3 x 50 on :55 Descend 2X pullouts	EN2
	{ 1 x 200 on 3:30 Breast 2K1P+1K upto4	EN2
	{ 2 x 50 on :55 Descend 2X pullouts	EN2
	{ 1 x 100 on 1:50 Breast 2K1P+1 upto4	EN2
900	1x{1 x 200 on 3:15 Pull-175free/25breast	EN1
	{ 1 x 200 on 3:15 Pull-150free/50breast	EN1
	{ 1 x 200 on 3:15 Pull-125free/75breast	EN2
	{ 1 x 200 on 3:15 Pull-100free/100breast	EN2
	{ 1 x 100 on 1:40 Pull-25free/75breast	EN2
1,400	1x{1 x 100 on 2:00 Kick	EN1
	{ 1 x 100 on 1:30 Kick	EN2
	{ 2 x 50 on 1:00 Kick	EN1
	{ 2 x 100 on 1:35 Kick	EN2
	{ 4 x 25 on :30 Kick	EN1
	{ 3 x 100 on 1:40 Kick	EN2
	{ 2 x 50 on 1:00 Kick	EN2
	{ 4 x 100 on 1:45 Kick	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
	6:15 PM 5,350 Yards - Stress Value = 87	

Workout #23584 - Thursday, 25 April 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM Start		
	1 on 12:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
625	25 x 25 on :30 100 Fly Pace	SP2
	1 on 5:00 Video Evaluation	REC
625	25 x 25 on :30 100 Free Pace	SP2
	1 on 6:00 Video Evaluation	REC
1,250	25 x 50 on :55 200 Breast Pace	SP2
	1 on 6:00 Video Evaluation	REC
1,250	25 x 50 on :50 200 Back Pace	SP2
	1 on 6:00 Video Evaluations-2 corrections	REC
	6:15 PM 3,975 Yards - Stress Value = 383	

Workout #23585 - Thursday, 25 April 2019

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 PM Start	
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
700	1x{1 x 100 on 1:50 Free Kick w/board
	{ 1 x 50 on 1:00 Free Kick-100%
	{ 1 x 100 on 1:50 Free Kick w/board
	{ 2 x 50 on 1:00 Free Kick-100%
	{ 1 x 100 on 1:45 Free Kick w/board
	{ 3 x 50 on 1:00 Free Kick-100%
	{ 1 x 100 on 1:50 Free Kick w/board
	1 on 20:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Strght Arm Finis
	7:15 PM 2,000 Yards - Stress Value = 95

Workout #23586 - Thursday, 25 April 2019

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 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 1:55 Free Kick w/board
	{ 2 x 50 on 1:10 Free Kick-100%
	{ 1 x 100 on 1:55 Free Kick w/board
	{ 2 x 50 on 1:10 Free Kick-100%
	{ 1 x 100 on 1:55 Free Kick w/board
	{ 3 x 50 on 1:10 Free Kick-100%
	1 on 20:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Strght Arm Finis
	7:15 PM 1,950 Yards - Stress Value = 94

Workout #23587 - Thursday, 25 April 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:10 Free Kick w/board {2 x 50 on 1:15 Free Kick-100% {1 x 100 on 2:10 Free Kick w/board {2 x 50 on 1:15 Free Kick-100% {1 x 100 on 2:10 Free Kick w/board {3 x 50 on 1:10 Free Kick-100% 1 on 20:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Strght Arm Finis
	7:15 PM 1,775 Yards - Stress Value = 81

Workout #23588 - Thursday, 25 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23589 - Thursday, 25 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23590 - Thursday, 25 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #23591 - Friday, 26 April 2019

Group 3 - IM's

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 25:00 DS/Ted's Abs
150	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
600	All back-breast crossover turns 1 x 600 on 12:00 Kick w/random 10 sec sprint
2,100	1x{4 x 75 on 1:10 Individual Medley {4 x 75 on :55 Free L.25 6bk {4 x 75 on 1:05 Individual Medley {4 x 75 on :55 Free L.25 6bk {4 x 75 on 1:00 Individual Medley {4 x 75 on :55 Free L.25 6bk {4 x 75 on :55 Individual Medley
250	1 x 250 on 4:00 Stroke Drills
	5:46 PM 3,700 Yards - Stress Value = 60

Workout #23592 - Friday, 26 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
225	1 on 12:00 DS/Showers	REC
150	15 x 15 on :45 Racing Skills-IM Shooters	SP3
1,500	All back-breast crossover turns 1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	1 on 10:00 Video 1+1- for each stroke	REC
160	8 x 20 on 3:00 #1 non free 50 Pace	SP2
	5:45 PM 1,885 Yards - Stress Value = 175	

Workout #23593 - Friday, 26 April 2019

Group 2 - Back

1 minute rest between sets

5:00 PM Start

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

Workout #23594 - Friday, 26 April 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

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

Workout #23595 - Friday, 26 April 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

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

Workout #23596 - Friday, 26 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

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

Workout #23597 - Friday, 26 April 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====

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

Workout #23598 - Friday, 26 April 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L
300	4 x 75 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
900	1x{3 x 150 on 4:30 Backstroke-descend	EN2	S
	{3 x 100 on 3:00 Backstroke-descend	EN2	S
	{3 x 50 on 1:30 Backstroke-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 1,550 Yards - Stress Value = 24		

Workout #23599 - Monday, 29 April 2019

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 15:00 DS/Showers		
600	1 x 600 on 9:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
1,750	1x{4 x 25 on :30 Kick no board B		
	{1 x 150 on 2:30 Kick		
	{4 x 25 on :30 Kick no board S		
	{2 x 150 on 2:25 Kick		
	{4 x 25 on :30 Kick no board L		
	{3 x 150 on 2:20 Kick		
	{4 x 25 on :30 Kick no board R		
	{3 x 150 on 2:15 Kick		
1,500	1x{1 x 500 on 6:15 Pull-no br L.12 yds		
	{1 x 400 on 5:05 Pulls-no br L.14 yds		
	{1 x 300 on 3:50 Pulls-no br L.16 yds		
	{1 x 200 on 2:35 Pulls-no br L.18 yds		
	{1 x 100 on 1:20 Pulls-no br L.20 yds		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
2,250	15 x 150 on 2:00 Freestyle-Descend		
500	10 x 50 on 1:00 Stroke Drills		
	6:29 PM 6,950 Yards - Stress Value = 118		

Workout #23600 - Monday, 29 April 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,750 1x{4 x 25 on :30 Kick no board B
 {1 x 150 on 2:30 Kick
 {4 x 25 on :30 Kick no board S
 {2 x 150 on 2:25 Kick
 {4 x 25 on :30 Kick no board L
 {3 x 150 on 2:20 Kick
 {4 x 25 on :30 Kick no board R
 {3 x 150 on 2:15 Kick
 1,400 1x{1 x 500 on 6:40 Pull-no br L.12 yds
 {1 x 400 on 5:30 Pulls-no br L.14 yds
 {1 x 300 on 4:10 Pulls-no br L.16 yds
 {1 x 200 on 2:50 Pulls-no br L.18 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 14 x 150 on 2:10 Freestyle-Descend
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 6,700 Yards - Stress Value = 113

Workout #23601 - Monday, 29 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Free Shooters
 1,250 25 x 50 on :50 200 Back Pace
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 1,250 25 x 50 on :55 200 Breast Pace
 1 on 5:00 Video evaluation
 750 30 x 25 on :30 100 Free Pace
 1 on 5:00 Video evaluation
 750 30 x 25 on :30 100 Fly Pace
 1 on 13:00 Video evaluation 2 corrections
 6:30 PM 4,525 Yards - Stress Value = 415

Workout #23602 - Monday, 29 April 2019

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 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{1 x 150 on 2:55 Fly Kick w/board
 {4 x 25 on :30 Kick no board S
 {1 x 100 on 1:55 Fly Kick w/board
 {4 x 25 on :30 Kick no board S
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 4x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Relay
 250 1 x 250 on 5:00 Stroke Drills
 7:15 PM 2,800 Yards - Stress Value = 106

Workout #23603 - Monday, 29 April 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{1 x 150 on 3:05 Fly Kick w/board
 {4 x 25 on :30 Kick no board S
 {1 x 100 on 2:05 Fly Kick w/board
 {2 x 25 on :30 Kick no board S
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 4x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Relay
 250 1 x 250 on 5:00 Stroke Drills
 7:17 PM 2,625 Yards - Stress Value = 92

Workout #23604 - Monday, 29 April 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{1 x 150 on 3:20 Fly Kick w/board
 {4 x 25 on :35 Kick no board S
 {1 x 100 on 2:10 Fly Kick w/board
 {2 x 25 on :35 Kick no board S
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 4x{6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Relay
 250 1 x 250 on 5:00 Stroke Drills
 7:15 PM 2,375 Yards - Stress Value = 88

Workout #23605 - Monday, 29 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23606 - Monday, 29 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23607 - Monday, 29 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #23608 - Tuesday, 30 April 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 15:00 DS/Showers
150	1 x 600 on 9:00 Top Hat Drill
1,120	10 x 15 on :45 Shooters
1,600	1x{28 x 40 on 1:00 20y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 20y flutter Kick BSLR
200	1x{1 x 250 on 3:15 Pulls BTB { 3 x 50 on :50 Pull 6/5/4 breaths { 1 x 250 on 3:15 Pulls BTS { 3 x 50 on :50 Pulls 6/5/4 breaths { 1 x 250 on 3:10 Pulls BTS { 3 x 50 on :50 Pulls 6/5/4 breaths { 1 x 250 on 3:10 Pulls BTS { 3 x 50 on :50 Pulls 6/5/4 breaths
2,100	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{6 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 5 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 4 x 100 on 1:20 Backstroke { 1 on 1:00 Rest { 3 x 100 on 1:20 Backstroke { 1 on 1:00 Rest

	{ 2 x 100 on 1:20 Backstroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 1:20 Backstroke
350	7 x 50 on 1:00 Stroke Drills
6:30 PM	6,120 Yards - Stress Value = 104

Workout #23609 - Tuesday, 30 April 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 15:00 DS/Showers
150	1 x 600 on 9:00 Top Hat Drill
1,120	10 x 15 on :45 Shooters
1,550	1x{28 x 40 on 1:00 20y BSLR underwater { Vertical Kick (Fr) for 20 kIcks { 20y flutter Kick BSLR
200	1x{1 x 250 on 3:25 Pulls BTB { 3 x 50 on :50 Pull 6/5/4 breaths { 1 x 250 on 3:25 Pulls BTS { 3 x 50 on :50 Pulls 6/5/4 breaths { 1 x 250 on 3:20 Pulls BTS { 2 x 50 on :50 Pulls 5/4 breaths
2,100	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	1x{6 x 100 on 1:25 Backstroke { 1 on 1:00 Rest { 5 x 100 on 1:25 Backstroke { 1 on 1:00 Rest { 4 x 100 on 1:25 Backstroke { 1 on 1:00 Rest { 3 x 100 on 1:25 Backstroke { 1 on 1:00 Rest { 2 x 100 on 1:25 Backstroke { 1 on 1:00 Rest { 1 x 100 on 1:25 Backstroke
250	5 x 50 on 1:00 Stroke Drills
6:30 PM	5,970 Yards - Stress Value = 103

Workout #23610 - Tuesday, 30 April 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
225	1 on 12:00 DS/Showers	REC
625	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,250	25 x 25 on :50 200 Free Pace	SP2
	1 on 15:00 Racing Skills-Timed Starts	REC
750	25 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Video evaluation	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 5:00 Video evaluation	REC
	30 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Video Evaluations 2 corrections	REC
6:30 PM	3,600 Yards - Stress Value = 346	

Workout #23611 - Tuesday, 30 April 2019

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 Shooters
 450 1x{1 x 150 on 2:50 Fly Kick w/board
 {1 x 150 on 3:00 Kick on back no board
 {1 x 150 on 2:50 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{2 x 150 on 2:15 IM w/out the free
 {3 x 50 on :40 Freestyle
 {2 x 150 on 2:15 IM w/out the breast
 {2 x 50 on :55 Breaststroke
 {2 x 150 on 2:15 IM w/out the back
 {2 x 50 on :50 Backstroke
 750 30 x 25 on :30 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Bucket turns
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,250 Yards - Stress Value = 115

Workout #23612 - Tuesday, 30 April 2019

Group 2 - Gold

1 minute rest between sets

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

Workout #23613 - Tuesday, 30 April 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 400 1x{1 x 150 on 3:20 Fly Kick w/board
 {1 x 100 on 2:20 Kick on back no board
 {1 x 100 on 2:15 Breast Kick w/board
 {1 x 50 on 1:05 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{2 x 150 on 2:45 IM w/out the free
 {3 x 50 on :50 Freestyle
 {1 x 150 on 2:45 IM w/out the breast
 {3 x 50 on 1:00 Breaststroke
 {1 x 150 on 2:45 IM w/out the back
 {2 x 50 on :55 Backstroke
 625 25 x 25 on :35 USRPT 100 Breast Pace

1 on 10:00 Racing Skills-Bucket turns
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,775 Yards - Stress Value = 96

Workout #23614 - Tuesday, 30 April 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23615 - Tuesday, 30 April 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 300 1x{1 x 100 on 2:40 Fly Kick w/board
 {1 x 100 on 2:45 Kick on back no board
 {1 x 100 on 2:40 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 150 on 4:00 IM w/out the free
 {2 x 50 on 1:00 Freestyle
 {1 x 150 on 4:00 IM w/out the breast
 {2 x 50 on 1:10 Breaststroke
 {1 x 150 on 4:00 IM w/out the back
 {2 x 50 on 1:05 Backstroke
 500 20 x 25 on :45 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Bucket turns
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,250 Yards - Stress Value = 77

Workout #23616 - Tuesday, 30 April 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
300	1x{1 x 100 on 3:00 Fly Kick w/board
	{ 1 x 50 on 1:30 Kick on back no board
	{ 1 x 100 on 3:00 Breast Kick w/board
	{ 1 x 50 on 1:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{1 x 150 on 4:30 IM w/out the free
	{ 2 x 50 on 1:15 Freestyle
	{ 1 x 150 on 4:30 IM w/out the breast
	{ 1 x 50 on 1:30 Breaststroke
	{ 1 x 150 on 4:00 IM w/out the back
	{ 1 x 50 on 1:30 Backstroke
375	15 x 25 on 1:00 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Bucket turns
250	1 x 250 on 4:00 Stroke Drills
	7:15 PM 2,025 Yards - Stress Value = 63

Workout #23617 - Wednesday, 01 May 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :30 Kick no board BSLR-20KOW
	{ 3 x 125 on 2:00 Kick
	{ 4 x 25 on :30 Kick no board BSLR-18KOW
	{ 3 x 100 on 1:35 Kick
	{ 4 x 25 on :30 Kick no board BSLR-16KOW
	{ 3 x 75 on 1:10 Kick
	{ 4 x 25 on :30 Kick no board BSLR-14KOW
	{ 3 x 50 on :45 Kick
	{ 4 x 25 on :30 Kick no board BSLR-12KOW
1,250	1x{2 x 125 on 1:45 Lungbuster pulls
	{ 2 x 125 on 1:40 Lungbuster pulls
	{ 2 x 125 on 1:35 Lungbuster pulls
	{ 2 x 125 on 1:30 Lungbuster pulls
	{ 2 x 125 on 1:25 Lungbuster pulls
	breathe 3-5-7 continuos, only 2 breaths L.
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,000	10x{8 x 25 on :25 Butterfly
	{ 1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 5,850 Yards - Stress Value = 101

Workout #23618 - Wednesday, 01 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,550	1x{4 x 25 on :30 Kick no board BSLR-20KOW
	{ 3 x 125 on 2:00 Kick
	{ 4 x 25 on :30 Kick no board BSLR-18KOW
	{ 3 x 100 on 1:35 Kick
	{ 4 x 25 on :30 Kick no board BSLR-16KOW
	{ 3 x 75 on 1:10 Kick

	{ 4 x 25 on :30 Kick no board BSLR-14KOW
	{ 3 x 50 on :45 Kick
	{ 4 x 25 on :30 Kick no board BSLR-12KOW
1,150	1x{2 x 125 on 1:50 Lungbuster pulls
	{ 2 x 125 on 1:45 Lungbuster pulls
	{ 2 x 125 on 1:40 Lungbuster pulls
	{ 2 x 125 on 1:35 Lungbuster pulls
	{ 2 x 75 on :55 Lungbuster pulls
	breathe 3-5-7 continuos, only 2 breaths L.2
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	9x{8 x 25 on :30 Butterfly
	{ 1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
	6:31 PM 5,550 Yards - Stress Value = 95

Workout #23619 - Wednesday, 01 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 12:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,250	25 x 50 on :55 200 Breast Pace	SE
	1 on 12:00 Racing Skills-Timed starts	RE
1,250	25 x 50 on :50 200 Back Pace	SE
	1 on 5:00 Video evaluation	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 5:00 Video evaluation	RE
750	30 x 25 on :30 100 Free Pace	SE
	1 on 11:00 Video Evaluations	RE
	6:30 PM 4,225 Yards - Stress Value = 409	

Workout #23620 - Wednesday, 01 May 2019

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

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

Workout #23621 - Wednesday, 01 May 2019

7:15 PM 3,175 Yards - Stress Value = 104

Group 2 - Gold

1 minute rest between sets

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

Workout #23624 - Wednesday, 01 May 2019

Group 2 - Bronze

1 minute rest between sets

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

Workout #23622 - Wednesday, 01 May 2019

Workout #23625 - Wednesday, 01 May 2019

Group 2 - Silver

Group 2 - Copper

1 minute rest between sets

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 10 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{2 x 125 on 2:40 Free Kick w/board
 {2 x 125 on 2:35 Free Kick w/board
 {2 x 75 on 1:30 Free Kick wboard
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 125 on 2:00 Freestyle
 {4 x 50 on 1:05 Free-100%
 {2 x 125 on 2:00 Freestyle
 {3 x 50 on 1:05 Free 100%
 {3 x 125 on 2:00 Freestyle
 {3 x 50 on 1:05 Free 100%
 625 25 x 25 on :35 USRPT-100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,275 Yards - Stress Value = 106

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 8 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 400 1x{2 x 100 on 3:30 Free Kick w/board
 {2 x 100 on 3:25 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 100 on 2:30 Freestyle
 {3 x 50 on 1:30 Free-100%
 {2 x 100 on 2:30 Freestyle
 {2 x 50 on 1:30 Free 100%
 {3 x 100 on 2:30 Freestyle
 500 20 x 25 on :45 USRPT-100 Free Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,450 Yards - Stress Value = 81

Workout #23623 - Wednesday, 01 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23626 - Thursday, 02 May 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 DS>Showers
 1 x 600 on 9:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,600 1x{2 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {2 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {2 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {2 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 2,250 1x{2 x 150 on 2:00 Pulls BTB
 {3 x 50 on 1:00 Breast Pull
 {2 x 150 on 2:00 Pulls BTS
 {3 x 50 on 1:00 Breast Pull
 {2 x 125 on 1:40 Pulls BTB
 {3 x 50 on 1:00 Breast Pull
 {2 x 125 on 1:40 Pulls BTS
 {3 x 50 on 1:00 Breast Pull
 {2 x 100 on 1:20 Pulls BTB
 {3 x 50 on 1:00 Breast Pull
 {2 x 100 on 1:20 Pulls BTS
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 16 x 75 on 1:30 Breaststroke
 200 1 x 200 on 3:00 Stroke Drills
 6:31 PM 6,200 Yards - Stress Value = 88

Workout #23627 - Thursday, 02 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 DS>Showers
 1 x 600 on 9:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,600 1x{2 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {2 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {2 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {2 x 100 on 1:45 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 2,050 1x{2 x 150 on 2:10 Pulls BTB
 {3 x 50 on 1:00 Breast Pull
 {2 x 150 on 2:10 Pulls BTS
 {3 x 50 on 1:00 Breast Pull
 {2 x 125 on 1:50 Pulls BTB
 {3 x 50 on 1:00 Breast Pull
 {2 x 125 on 1:50 Pulls BTS
 {3 x 50 on 1:00 Breast Pull
 {2 x 100 on 1:30 Pulls BTB
 {3 x 50 on 1:00 Breast Pull
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,200 16 x 75 on 1:30 Breaststroke

200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 6,000 Yards - Stress Value = 84

Workout #23628 - Thursday, 02 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY W
 =====
 1 on 12:00 DS/Dryland REC
 225 15 x 15 on :45 Racing Skills-Fly Shooters SP3
 1,000 40 x 25 on :30 200 Fly Pace SP2
 1,500 1 on 10:00 Racing Skills-Fly kick relay REC
 30 x 50 on :50 200 Free Pace EN2
 1 on 5:00 Video evaluation REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 5:00 Video evaluation REC
 750 30 x 25 on :30 100 Back Pace SP2
 6:18 PM 4,225 Yards - Stress Value = 289

Workout #23629 - Thursday, 02 May 2019

Group 2 - Back

1 minute rest between sets

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

Workout #23630 - Thursday, 02 May 2019

Group 2 - Gold

1 minute rest between sets

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

Workout #23631 - Thursday, 02 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Workout #23632 - Thursday, 02 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23633 - Thursday, 02 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23634 - Thursday, 02 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

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

Workout #23635 - Friday, 03 May 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	L
600	1 x 600 on 9:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,200	1 x 1200 on 20:00 Vertical Kick	EN2	K
2,400	12x{1 x 100 on 1:15 Individual Medley {1 x 50 on :35 Freestyle {1 x 50 on :45 Freestyle	EN2	S
		EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	5:45 PM 4,550 Yards - Stress Value = 72		

Workout #23636 - Friday, 03 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	L
600	1 x 600 on 9:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,200	1 x 1200 on 20:00 Vertical Kick	EN2	K
2,200	11x{1 x 100 on 1:20 Individual Medley {1 x 50 on :40 Freestyle {1 x 50 on :50 Freestyle	EN2	S
	Don't do the ez 50 on the 11th round	EN1	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	5:46 PM 4,350 Yards - Stress Value = 69		

Workout #23637 - Friday, 03 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-Shooters	SP3	
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace	SP2	
	1 on 10:00 Video 1+1- for each stroke	REC	
160	8 x 20 on 3:00 50 Free Pace	SP2	
	5:45 PM 1,885 Yards - Stress Value = 175		

Workout #23634 - Thursday, 02 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #23638 - Friday, 03 May 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	L
500	4 x 125 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,500	1x{2 x 125 on 2:10 100 Breast 25 free	EN2	S
	{3 x 100 on 1:50 Breast-descend	EN2	S
	{2 x 100 on 1:45 25 back 75 breast	EN2	S
	{3 x 100 on 1:50 Breast-descend	EN2	S
	{2 x 75 on 1:15 50 Breast 25 free	EN2	S
	{2 x 100 on 1:50 Breast-descend	EN2	S
	{2 x 50 on :55 25 Back 25 Breast	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 2,350 Yards - Stress Value = 36		

Workout #23639 - Friday, 03 May 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	L
500	4 x 125 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,400	1x{2 x 125 on 2:15 100 Breast 25 free	EN2	S
	{3 x 100 on 1:55 Breast-descend	EN2	S
	{2 x 100 on 1:50 25 back 75 breast	EN2	S
	{3 x 100 on 1:55 Breast-descend	EN2	S
	{2 x 75 on 1:20 50 Breast 25 free	EN2	S
	{2 x 100 on 1:55 Breast-descend	EN2	S
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:30 PM 2,250 Yards - Stress Value = 34		

Workout #23640 - Friday, 03 May 2019

Group 2 - Silver

1 minute rest between sets

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

Workout #23641 - Friday, 03 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	L
400	4 x 100 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,300	1x{2 x 125 on 2:35 100 Breast 25 free	EN2	S
	{3 x 100 on 2:05 Breast-descend	EN2	S
	{2 x 100 on 2:05 25 back 75 breast	EN2	S
	{3 x 100 on 2:05 Breast-descend	EN2	S
	{2 x 75 on 1:35 50 Breast 25 free	EN2	S
	{1 x 100 on 2:05 Breaststroke-fast	EN2	S

200 1 x 200 on 3:00 Stroke Drills REC D
6:31 PM 2,050 Yards - Stress Value = 32

Workout #23642 - Friday, 03 May 2019

Group 2 - Bronze

1 minute rest between sets

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

Workout #23643 - Friday, 03 May 2019

Group 2 - Copper

1 minute rest between sets

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

Workout #23644 - Monday, 06 May 2019

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 DS/Showers
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 1,650 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {2 x 150 on 2:20 Kick
 {2 x 100 on 1:35 Kick
 {2 x 50 on :45 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:20 Kick
 {1 x 100 on 1:35 Kick
 {1 x 50 on :45 Kick
 1,600 2x{1 x 100 on 1:20 Pulls-no br L.12 yds
 {1 x 100 on 1:20 Pulls-no br L.13 yds
 {1 x 100 on 1:20 Pulls-no br L.14 yds
 {1 x 100 on 1:20 Pulls-no br L.15 yds
 {1 x 100 on 1:20 Pulls-no br L.16 yds
 {1 x 100 on 1:20 Pulls-no br L.17 yds
 {1 x 100 on 1:20 Pulls-no br L.18 yds
 {1 x 100 on 1:20 Pulls-no br L.19 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 6 x 400 on 5:15 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 400 8 x 50 on 1:00 Stroke Drills
 6:30 PM 7,000 Yards - Stress Value = 117

Workout #23645 - Monday, 06 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 600 1 on 15:00 DS/Showers
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 1,550 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick
 {6 x 25 on :30 Kick no board BSLRLR
 {2 x 150 on 2:35 Kick
 {2 x 100 on 1:45 Kick
 {2 x 50 on :50 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 50 on :50 Kick
 1,500 2x{1 x 100 on 1:25 Pulls-no br L.12 yds
 {1 x 100 on 1:25 Pulls-no br L.13 yds
 {1 x 100 on 1:25 Pulls-no br L.14 yds
 {1 x 100 on 1:25 Pulls-no br L.15 yds
 {1 x 100 on 1:20 Pulls-no br L.16 yds
 {1 x 100 on 1:30 Pulls-no br L.17 yds
 {1 x 100 on 1:30 Pulls-no br L.18 yds
 {1 x 50 on :45 Pulls-no br L.19 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,400 6 x 400 on 5:30 Free-R.10 @200/Neg split
 dscnd in 3's, 2nd set of 3 fstr then 1st
 350 7 x 50 on 1:00 Stroke Drills
 6:30 PM 6,750 Yards - Stress Value = 113

Workout #23646 - Monday, 06 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 225 1 on 12:00 DS/Showers
 1,000 15 x 15 on :45 Racing Skills-Free Shooters
 40 x 25 on :30 200 Fly Pace
 1,000 1 on 8:00 Video-evaluation/1+1-
 40 x 25 on :30 200 Back Pace
 1 on 8:00 Video-evaluation/1+1-
 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
 600 30 x 20 on :30 100 Free Pace
 1 on 11:00 Racing Skills-Peer coaching
 6:30 PM 3,875 Yards - Stress Value = 350

Workout #23647 - Monday, 06 May 2019

Group 2 - IM'ers

1 minute rest between sets

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

Workout #23648 - Monday, 06 May 2019

Group 2 - Gold

1 minute rest between sets

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

Workout #23649 - Monday, 06 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:15 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:05 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1,050 1x{1 x 200 on 3:50 Individual Medley
 {2 x 100 on 1:50 Mystery Medley
 {1 x 200 on 3:45 Individual Medley
 {2 x 100 on 1:50 Mystery Medley
 {1 x 150 on 2:50 IM no fly
 {1 x 100 on 1:50 Mystery Medley
 1 on 10:00 GAmE
 200 1 x 200 on 3:00 Stroke Drills
 7:15 PM 2,775 Yards - Stress Value = 96

Workout #23650 - Monday, 06 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

200 1 x 200 on 3:00 Stroke Drills
 7:14 PM 2,550 Yards - Stress Value = 86

Workout #23651 - Monday, 06 May 2019

Group 2 - Bronze

1 minute rest between sets

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

Workout #23652 - Monday, 06 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 300 1x{2 x 25 on :45 Kick no board BS
 {1 x 100 on 3:00 Fly Kick w/board
 {2 x 25 on :45 Kick no board LR
 {1 x 100 on 3:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 600 1x{1 x 100 on 3:00 Individual Medley
 {2 x 100 on 3:00 Mystery Medley
 {1 x 100 on 3:00 Individual Medley
 {2 x 100 on 3:00 Mystery Medley
 1 on 10:00 Game
 200 1 x 200 on 3:00 Stroke Drills
 7:13 PM 2,025 Yards - Stress Value = 62

Workout #23653 - Tuesday, 07 May 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 15:00 DS>Showers
150	1 x 600 on 9:00 Top Hat Drill
1,800	10 x 15 on :45 Shooters
1,120	1x{2 x 150 on 2:00 Backstroke
	{3 x 100 on 1:25 Back-descend 2/3/4 KOW
	{2 x 150 on 2:00 Backstroke
	{3 x 100 on 1:25 Back descend 3/4/5 KOW
	{2 x 150 on 2:00 Backstroke
	{3 x 100 on 1:25 Back descend 4//5/6 KOW
	2x{ Alt 20 Tombstone Kick 15m underwater-to bre
	{2 x 40 on 1:00 Kick
	{2 x 40 on :55 Kick
	{2 x 40 on :50 Kick
	{2 x 40 on :45 Kick
	{2 x 40 on :40 Kick
	{2 x 40 on :35 Kick
	{2 x 40 on :30 Kick
650	1x{2 x 75 on 1:00 Pulls BTB
	{2 x 50 on :40 Pulls
	{2 x 75 on 1:00 Pulls BTS
	{2 x 50 on :35 Pulls
	{2 x 75 on 1:00 Pulls alt BT S/B
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{1 x 150 on 2:05 Backstroke
	{3 x 100 on 1:25 Back-descend 2/3/4 KOW
	{2 x 150 on 2:00 Backstroke
	{3 x 100 on 1:25 Back descend 3/4/5 KOW
	{3 x 150 on 1:55 Backstroke
	{3 x 100 on 1:25 Back descend 4//5/6 KOW
	{4 x 150 on 1:50 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 7,120 Yards - Stress Value = 126

Workout #23654 - Tuesday, 07 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 15:00 DS>Showers
150	1 x 600 on 9:00 Top Hat Drill
1,700	10 x 15 on :45 Shooters
1,120	1x{2 x 150 on 2:10 Backstroke
	{3 x 100 on 1:30 Back-descend 2/3/4 KOW
	{2 x 150 on 2:10 Backstroke
	{3 x 100 on 1:30 Back descend 3/4/5 KOW
	{2 x 150 on 2:10 Backstroke
	{2 x 100 on 1:30 Back descend 5/6 KOW
	2x{ Alt 20 Tombstone Kick 15m underwater-to bre
	{2 x 40 on 1:00 Kick
	{2 x 40 on :55 Kick
	{2 x 40 on :50 Kick
	{2 x 40 on :45 Kick
	{2 x 40 on :40 Kick
	{2 x 40 on :35 Kick
	{2 x 40 on :30 Kick
600	1x{2 x 75 on 1:05 Pulls BTB
	{2 x 50 on :45 Pulls
	{2 x 75 on 1:05 Pulls BTS
	{2 x 50 on :40 Pulls
	{2 x 50 on :45 Pulls alt BT S/B
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{1 x 150 on 2:15 Backstroke
	{3 x 100 on 1:30 Back-descend 2/3/4 KOW
	{2 x 150 on 2:10 Backstroke
	{3 x 100 on 1:30 Back descend 3/4/5 KOW

	{3 x 150 on 2:05 Backstroke
	{3 x 100 on 1:30 Back descend 4/5/6 KOW
	{3 x 150 on 2:00 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	6:31 PM 6,820 Yards - Stress Value = 120

Workout #23655 - Tuesday, 07 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
	1 on 12:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,000	40 x 25 on :30 200 Breast Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
1,000	40 x 25 on :25 200 Free Pace	SP2
	1 on 8:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 9:00 Racing Skills-Timed starts to 15	SP3
600	30 x 20 on :30 100 Back Pace	SP2
	1 on 15:00 lon1 with Group 1	REC
	6:30 PM 3,575 Yards - Stress Value = 344	

Workout #23656 - Tuesday, 07 May 2019

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	1x{1 x 150 on 2:40 Free Kick w/board
	{2 x 125 on 2:15 Free Kick w/board
	{1 x 100 on 1:50 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,350	1x{3 x 200 on 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!
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 3,350 Yards - Stress Value = 118

Workout #23657 - Tuesday, 07 May 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

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

Workout #23658 - Tuesday, 07 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Workout #23659 - Tuesday, 07 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23660 - Tuesday, 07 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23661 - Tuesday, 07 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

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

Workout #23662 - Wednesday, 08 May 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,800	1x{ BSLR 100%-Make all to 16m = - 1 X 50 { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :45 Kick-100% { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :50 Kick-100% { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :55 Kick-100% { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :45 Kick-100% { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :50 Kick-100% { 4 x 25 on :30 Kick no board BSLR { 4 x 50 on :55 Kick-100%
2,100	1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3 { 1 x 300 on 4:05 Lungbuster pulls { 1 x 300 on 4:00 Lungbuster pulls { 1 x 300 on 3:55 Lungbuster pulls { 1 x 300 on 3:50 Lungbuster pulls { 1 x 300 on 3:45 Lungbuster pulls { 1 x 300 on 3:40 Lungbuster pulls { 1 x 300 on 3:35 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr { 2 x 75 on 1:10 Breast 2/3/4 PO { 2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr { 2 x 75 on 1:10 Breast 2/3/4 PO { 2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr { 2 x 75 on 1:10 Breast 2/3/4 PO { 2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr { 2 x 75 on 1:10 Breast 2/3/4 PO { 2 x 100 on 1:25 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
	6:29 PM 6,600 Yards - Stress Value = 118

Workout #23663 - Wednesday, 08 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 500 1 on 15:00 DS>Showers
 150 20 x 25 on :30 Wednesday Warm-up
 1,700 10 x 15 on :45 Shooters
 1x{ BSLR 100%-Make all to 16m = - 1 X 50
 { 4 x 25 on :30 Kick no board BSLR
 { 4 x 50 on :50 Kick-100%
 { 4 x 25 on :30 Kick no board BSLR
 { 4 x 50 on :55 Kick-100%
 { 4 x 25 on :30 Kick no board BSLR
 { 4 x 50 on 1:00 Kick-100%
 { 4 x 25 on :30 Kick no board BSLR
 { 4 x 50 on :50 Kick-100%
 { 4 x 25 on :30 Kick no board BSLR
 { 4 x 50 on :55 Kick-100%
 { 4 x 25 on :30 Kick no board BSLR
 { 2 x 50 on 1:00 Kick-100%
 1,900 1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
 { 1 x 300 on 4:25 Lungbuster pulls
 { 1 x 300 on 4:20 Lungbuster pulls
 { 1 x 300 on 4:15 Lungbuster pulls
 { 1 x 300 on 4:10 Lungbuster pulls
 { 1 x 300 on 4:05 Lungbuster pulls
 { 1 x 300 on 4:00 Lungbuster pulls
 { 1 x 100 on 1:15 Lungbuster pulls
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,600 1x{ 2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
 { 2 x 75 on 1:15 Breast 2/3/4 PO
 { 2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
 { 2 x 75 on 1:15 Breast 2/3/4 PO
 { 2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
 { 2 x 75 on 1:15 Breast 2/3/4 PO
 { 2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
 { 2 x 75 on 1:15 Breast 2/3/4 PO
 { 2 x 100 on 1:30 Breaststroke
 250 1 x 250 on 4:00 Stroke Drills
 6:30 PM 6,300 Yards - Stress Value = 112

{ 1 x 100 on 1:55 Streamline kick on back
 { 6 x 25 on :30 Kick no board B
 { 2 x 100 on 1:55 Streamline kick on back
 { 4 x 25 on :30 Kick no board B
 100 1x{ 4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{ 4 x 50 on 1:00 Back-descend
 { 1 x 100 on 1:30 Back 3KOW+1
 { 4 x 50 on :55 Backstroke-descend
 { 1 x 100 on 1:30 Back 4KOW+1
 { 4 x 50 on :50 Backstroke-descend
 { 1 x 100 on 1:30 Back 5KOW+1
 { 4 x 50 on :45 Backstroke-descend
 { 1 x 100 on 1:30 Back 6KOW+1
 { 4 x 50 on :40 Backstroke-descend
 750 30 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,600 Yards - Stress Value = 63

Workout #23666 - Wednesday, 08 May 2019

Group 2 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 300 1 on 25:00 DS/Dryland
 150 12 x 25 on :30 Wednesday Warm-up
 600 10 x 15 on :45 Shooters
 1x{ 6 x 25 on :35 Kick no board B
 { 1 x 100 on 2:05 Streamline kick on back
 { 4 x 25 on :35 Kick no board BSLR
 { 2 x 100 on 2:05 Streamline kick on back
 { 2 x 25 on :35 Kick no board B
 100 1x{ 4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{ 4 x 50 on 1:05 Back-descend
 { 1 x 100 on 1:40 Back 3KOW+1
 { 4 x 50 on 1:00 Backstroke-descend
 { 1 x 100 on 1:40 Back 4KOW+1
 { 4 x 50 on :55 Backstroke-descend
 { 1 x 100 on 1:40 Back 5KOW+1
 { 4 x 50 on :50 Backstroke-descend
 { 1 x 100 on 1:40 Back 6KOW+1
 { 1 x 50 on :45 Backstroke-FAST
 625 25 x 25 on :35 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,225 Yards - Stress Value = 55

5:30 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 1,000 40 x 25 on :30 200 Back Pace SF
 1 on 8:00 Video Evaluations 1+/1- RE
 1,000 40 x 25 on :30 200 Fly Pace SF
 1 on 8:00 Video Evaluations 1+/1- RE
 750 30 x 25 on :30 100 Free Pace SF
 1 on 11:00 Racing Skills-Underwater Racing SF
 600 30 x 20 on :30 100 Breast Pace SF
 1 on 10:00 Racing Skills-Peer Coaching RE
 6:30 PM 3,575 Yards - Stress Value = 344

Workout #23664 - Wednesday, 08 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 1,000 40 x 25 on :30 200 Back Pace SF
 1 on 8:00 Video Evaluations 1+/1- RE
 1,000 40 x 25 on :30 200 Fly Pace SF
 1 on 8:00 Video Evaluations 1+/1- RE
 750 30 x 25 on :30 100 Free Pace SF
 1 on 11:00 Racing Skills-Underwater Racing SF
 600 30 x 20 on :30 100 Breast Pace SF
 1 on 10:00 Racing Skills-Peer Coaching RE
 6:30 PM 3,575 Yards - Stress Value = 344

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

Workout #23665 - Wednesday, 08 May 2019

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 12 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{ 6 x 25 on :30 Kick no board B

Workout #23667 - Wednesday, 08 May 2019

Group 2 - Silver

1 minute rest between sets

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

Workout #23668 - Wednesday, 08 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23669 - Wednesday, 08 May 2019

Group 2 - Bronze

1 minute rest between sets

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

{3 x 50 on 1:25 Backstroke-descend
 {1 x 100 on 2:25 Back 4KOW+1
 {3 x 50 on 1:20 Backstroke-descend
 {1 x 100 on 2:20 Back 5KOW+1
 {2 x 50 on 1:15 Backstroke-descend
 22 x 25 on :40 USRPT-100 Back Pace
 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,500 Yards - Stress Value = 43

Workout #23670 - Wednesday, 08 May 2019

Group 2 - Copper

1 minute rest between sets

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

Workout #23671 - Thursday, 09 May 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 600 1 x 600 on 9:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 2,300 10x{1 x 200 on 3:00 Butterfly EN2
 {1 on :30 5 squats EN1
 {1 x 30 on :45 Undrwrtr fly kick R.5 @15 EN2
 {1 on :30 5 squats EN1
 After every 2nd round drop 200 flys by 5 s
 1,700 1x{1 x 100 on 1:25 Kick EN2
 {4 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {2 x 100 on 1:30 Kick EN2
 {6 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {3 x 100 on 1:35 Kick EN2
 {8 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {4 x 100 on 1:40 Kick EN2
 {10 x 25 on :30 Alt 2nd and 3rd kicks EN2
 1,200 12 x 100 on 1:20 Pulls-nbbf&w + 2 yds EN2
 250 1 x 250 on 4:00 Stroke Drills REC
 6:30 PM 6,200 Yards - Stress Value = 110

Workout #23672 - Thursday, 09 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY W
600	1 on 15:00 DS/Showers	REC
150	1 x 600 on 9:00 Underwater trn drill	REC
2,070	10 x 15 on :45 Shooters	SP3
	9x{1 x 200 on 3:20 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Undrwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 se	
1,600	1x{1 x 100 on 1:35 Kick	EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{2 x 100 on 1:40 Kick	EN2
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:45 Kick	EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:45 Kick	EN2
	{10 x 25 on :30 Alt 2nd and 3rd kicks	EN2
1,100	11 x 100 on 1:30 Pulls-nbbf&w + 2 yds	EN2
250	1 x 250 on 4:00 Stroke Drills	REC
	6:29 PM 5,770 Yards - Stress Value = 101	

Workout #23673 - Thursday, 09 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
	1 on 12:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,000	40 x 25 on :30 200 Free Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
1,000	40 x 25 on :30 200 Breast Pace	SE
	1 on 7:00 Video Evaluations 1+/1-	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 8:00 Racing Skills-Fly Kick Relay	SE
600	30 x 20 on :30 100 Fly Pace	SE
	1 on 15:00 lon1 with Group 1	RE
	6:30 PM 3,575 Yards - Stress Value = 344	

Workout #23674 - Thursday, 09 May 2019

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
	1 on 25:00 DS/Showers	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
450	1x{2 x 25 on :25 Breast Kick w/board	
	{1 x 50 on :55 Breast Kick w/board	
	{2 x 75 on 1:25 Breast Kick w/board	
	{2 x 100 on 1:50 Breast Kick w/board	
	1 on 20:00 TEACH DAY-Breast	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
625	25 x 25 on :35 USRPT-100 Breast Pace	
	1 on 10:00 Racing Skills-Starts w/pullouts	
250	1 x 250 on 4:00 Stroke Drills	
	7:15 PM 1,875 Yards - Stress Value = 77	

Workout #23675 - Thursday, 09 May 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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=====

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

Workout #23676 - Thursday, 09 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Workout #23677 - Thursday, 09 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	
	1 on 25:00 DS/Showers	
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
350	1x{3 x 50 on 1:15 Breast Kick w/board	
	{2 x 100 on 2:30 Breast Kick w/board	
	1 on 20:00 TEACH DAY-Breast	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
550	22 x 25 on :40 USRPT-100 Breast Pace	
	1 on 10:00 Racing Skills-Starts w/pullouts	
250	1 x 250 on 4:00 Stroke Drills	
100	1 x 100 on 1:30 Freestyle	
	7:18 PM 1,750 Yards - Stress Value = 68	

Workout #23678 - Thursday, 09 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Showers
 200 1 x 200 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 300 1x{2 x 50 on 1:25 Breast Kick w/board
 {2 x 100 on 2:45 Breast Kick w/board
 1 on 20:00 TEACH DAY-Breast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 475 19 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Starts w/pullouts
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 1,475 Yards - Stress Value = 60

Workout #23679 - Thursday, 09 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Showers
 200 1 x 200 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 250 1x{2 x 50 on 1:45 Breast Kick w/board
 {2 x 75 on 2:30 Breast Kick w/board
 1 on 20:00 TEACH DAY-Breast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Starts w/pullouts
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 1,325 Yards - Stress Value = 49

Workout #23680 - Monday, 13 May 2019

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,750 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 {5 x 50 on :45 Kick
 1,500 1x{2 x 150 on 2:05 Pulls-no br L.12/25 yds
 {2 x 150 on 2:00 Pulls-no br L.12/25 yds
 {2 x 150 on 1:55 Pulls-no br L.12/25 yds
 {2 x 150 on 1:50 Pulls-no br L.12/25 yds
 {2 x 150 on 1:45 Pulls-no br L.12/25 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 6x{1 x 400 on 5:00 Freestyle
 {1 x 100 on 1:30 Freestyle
 Each round 400 drops 5 seconds
 200 1 x 200 on 3:00 Stroke Drills
 6:31 PM 7,400 Yards - Stress Value = 157

Workout #23681 - Monday, 13 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:25 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:00 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:35 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :45 Kick
 1,350 1x{2 x 150 on 2:20 Pulls-no br L.12/25 yds
 {2 x 150 on 2:15 Pulls-no br L.12/25 yds
 {2 x 150 on 2:10 Pulls-no br L.12/25 yds
 {2 x 150 on 2:05 Pulls-no br L.12/25 yds
 {2 x 75 on 1:00 Pulls-no br L.12/25 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 6x{1 x 400 on 5:30 Freestyle
 {1 x 100 on 1:30 Freestyle
 Round 6 do a 200 @ 2:30
 Each round 400 drops 5 seconds
 200 1 x 200 on 3:00 Stroke Drills
 6:34 PM 7,200 Yards - Stress Value = 153

Workout #23682 - Monday, 13 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Free Shooters
 1,000 40 x 25 on :30 200 Breast Pace
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 1,000 40 x 25 on :30 200 Free Pace
 1 on 8:00 Video Evaluations 1+/1-
 750 30 x 25 on :30 100 Fly Pace
 1 on 8:00 Video Evaluations 1+/1-
 600 30 x 20 on :30 100 Back Pace
 1 on 10:00 Racing Skills-Peer Coaching
 6:29 PM 3,875 Yards - Stress Value = 350

Workout #23683 - Monday, 13 May 2019

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
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 w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,600	4x{1 x 300 on 4:00 Freestyle {1 x 100 on 1:30 Freestyle
750	30 x 25 on :30 100 Free Pace 1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,950 Yards - Stress Value = 144

Workout #23684 - Monday, 13 May 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
700	1x{2 x 125 on 2:30 Free Kick w/board {2 x 125 on 2:25 Free Kick w/board {2 x 100 on 1:50 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	4x{1 x 275 on 4:00 Freestyle {1 x 100 on 1:30 Freestyle
750	30 x 25 on :30 100 Free Pace 1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,800 Yards - Stress Value = 141

Workout #23685 - Monday, 13 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Workout #23686 - Monday, 13 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

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

Workout #23687 - Monday, 13 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23688 - Monday, 13 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #23689 - Tuesday, 14 May 2019

Group 3 - Back

1 minute rest between sets

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

Workout #23690 - Tuesday, 14 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 960 1x{4 x 40 on 1:00 Gssr/Spr br on 3/15 undr-desc
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :55 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :50 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :45 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr-desce
 1,550 1 x 1550 on 22:00 Pulls
 BTB for 1st half and BTS for 2nd half
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{4 x 100 on 1:35 Backstroke
 {3 x 100 on 1:30 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 2:20 Stroke Drills
 {1 x 100 on 1:15 Backstroke
 {2 x 100 on 1:20 Backstroke
 {3 x 100 on 1:25 Backstroke
 {4 x 100 on 1:30 Backstroke
 150 1 x 150 on 3:00 Stroke Drills
 200 1 x 200 on 5:00 200 Back for Time!
 300 6 x 50 on 1:00 Stroke Drills
 6:30 PM 6,210 Yards - Stress Value = 97

Workout #23691 - Tuesday, 14 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-Back Shooters SP3
 1,000 40 x 25 on :30 200 Fly Pace SP2
 1 on 5:00 Video Evaluations 1+/1- REC
 1,000 40 x 25 on :30 200 Back Pace SP2
 1 on 9:00 Racing Skills-timed free turns REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 8:00 Video-Racing Skills Starts REC
 600 30 x 20 on :30 100 Free Pace SP2
 1 on 15:00 lonl with Group 1 REC
 6:30 PM 3,575 Yards - Stress Value = 344

Workout #23692 - Tuesday, 14 May 2019

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 700 1x{6 x 25 on :30 Kick no board B
 {1 x 150 on 3:00 Streamline Kick on back
 {6 x 25 on :30 Kick no board B
 {2 x 125 on 2:25 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 200 on 3:05 Backstroke
 {1 x 200 on 3:00 Backstroke
 {1 x 200 on 2:55 Backstroke
 {1 x 200 on 2:50 Backstroke
 {1 x 150 on 2:15 Backstroke
 {1 x 150 on 2:10 Backstroke
 {1 x 150 on 2:05 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 50 on :40 Backstroke
 750 30 x 25 on :30 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 125

Workout #23693 - Tuesday, 14 May 2019

Group 2 - Gold

1 minute rest between sets

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

Workout #23694 - Tuesday, 14 May 2019

Group 2 - Silver

1 minute rest between sets

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

Workout #23695 - Tuesday, 14 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 550 1x{6 x 25 on :35 Kick no board B
 {1 x 150 on 3:55 Streamline Kick on back
 {6 x 25 on :35 Kick no board B
 {1 x 100 on 2:35 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 4:05 Backstroke
 {1 x 200 on 4:00 Backstroke
 {1 x 200 on 3:55 Backstroke
 {1 x 150 on 3:00 Backstroke
 {1 x 150 on 2:55 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,075 Yards - Stress Value = 101

Workout #23696 - Tuesday, 14 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Streamline Kick on back
 {4 x 25 on :45 Kick no board B
 {1 x 100 on 2:55 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 200 on 4:45 Backstroke
 {1 x 200 on 4:40 Backstroke
 {1 x 150 on 3:35 Backstroke
 {1 x 150 on 3:30 Backstroke
 {1 x 100 on 2:20 Backstroke
 {1 x 100 on 2:15 Backstroke
 550 22 x 25 on :40 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,650 Yards - Stress Value = 88

Workout #23697 - Tuesday, 14 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 3:30 Streamline Kick on back
 {4 x 25 on :45 Kick no board B
 {1 x 100 on 3:25 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{2 x 200 on 6:00 Backstroke
 {1 x 150 on 4:30 Backstroke
 {1 x 100 on 3:00 Backstroke
 {2 x 50 on 1:30 Backstroke
 500 20 x 25 on :45 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 79

Workout #23698 - Wednesday, 15 May 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
500	1 on 15:00 DS>Showers
150	20 x 25 on :30 Wednesday Warm-up
2,100	10 x 15 on :45 Shooters
	1x{3 x 125 on 2:05 Kick L.25 100%
	{6 x 25 on :30 Kick no board B
	{3 x 125 on 2:00 Kick L.25 100%
	{6 x 25 on :30 Kick no board S
	{3 x 125 on 1:55 Kick L.25 100%
	{6 x 25 on :30 Kick no board L
	{3 x 125 on 1:50 Kick L.25 100%
	{6 x 25 on :30 Kick no board R
1,200	6 x 200 on 2:40 Lungbuster pulls
	Breathe 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,350	1x{2 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{4 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{6 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{8 x 25 on :25 Fly 5KOW+1 HB@F
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW
	{10 x 25 on :25 Fly 5KOW+1 HB@F
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 6,750 Yards - Stress Value = 103

Workout #23699 - Wednesday, 15 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
500	1 on 15:00 DS>Showers
150	20 x 25 on :30 Wednesday Warm-up
2,100	10 x 15 on :45 Shooters
	1x{3 x 125 on 2:05 Kick L.25 100%
	{6 x 25 on :30 Kick no board B
	{3 x 125 on 2:00 Kick L.25 100%
	{6 x 25 on :30 Kick no board S
	{3 x 125 on 1:55 Kick L.25 100%
	{6 x 25 on :30 Kick no board L
	{3 x 125 on 1:50 Kick L.25 100%
	{6 x 25 on :30 Kick no board R
1,100	1x{5 x 200 on 2:50 Lungbuster pulls
	{1 x 100 on 1:25 Lungbuster pulls
	Breathe 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{2 x 25 on :30 Fly 5KOW+1 HB@F
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW
	{4 x 25 on :30 Fly 5KOW+1 HB@F
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW
	{6 x 25 on :30 Fly 5KOW+1 HB@F
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW
	{8 x 25 on :30 Fly 5KOW+1 HB@F
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 6,400 Yards - Stress Value = 108

Workout #23700 - Wednesday, 15 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

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

1	on 12:00 DS>Showers	RF
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
1,000	40 x 25 on :30 200 Free Pace	SF
	1 on 6:00 Video Evaluations 1+/1-	RF
1,000	40 x 25 on :30 200 Breast Pace	SF
	1 on 15:00 Racing Skills-Undwtr Racing	EM
750	30 x 25 on :30 100 Back Pace	SF
	1 on 6:00 Video Evaluations 1+/1-	RF
600	30 x 20 on :30 100 Fly Pace	SF
	1 on 10:00 Racing Skills-Peer Coaching	RF
	6:30 PM 3,575 Yards - Stress Value = 344	

Workout #23701 - Wednesday, 15 May 2019

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,000	1x{1 x 150 on 2:50 Breast Kick w/board
	{3 x 50 on 1:00 Breast Kick w/board-descend
	{1 x 150 on 2:45 Breast Kick w/board
	{3 x 50 on 1:00 Breast Kick w/board-descend
	{1 x 150 on 2:40 Breast Kick w/board
	{3 x 50 on 1:00 Breast Kick w/board-descend
	{1 x 100 on 1:45 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 200 on 3:20 Breaststroke
	{2 x 25 on :30 Breast 2X pullouts
	{2 x 150 on 2:30 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
	{3 x 100 on 1:40 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
	{4 x 50 on :50 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
750	30 x 25 on :30 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 4,100 Yards - Stress Value = 115

Workout #23702 - Wednesday, 15 May 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
900	1x{1 x 150 on 3:00 Breast Kick w/board
	{3 x 50 on 1:05 Breast Kick w/board-descend
	{1 x 150 on 2:55 Breast Kick w/board
	{3 x 50 on 1:05 Breast Kick w/board-descend
	{1 x 150 on 2:50 Breast Kick w/board
	{3 x 50 on 1:05 Breast Kick w/board-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 200 on 3:35 Breaststroke
	{2 x 25 on :35 Breast 2X pullouts
	{2 x 150 on 2:40 Breaststroke
	{4 x 25 on :35 Breast 2X pullouts
	{3 x 100 on 1:45 Breaststroke
	{6 x 25 on :35 Breast 2X pullouts
	{4 x 50 on :55 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,775 Yards - Stress Value = 99

Workout #23703 - Wednesday, 15 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	14 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{1 x 150 on 3:25 Breast Kick w/board
	{3 x 50 on 1:10 Breast Kick w/board-descend
	{1 x 150 on 3:20 Breast Kick w/board
	{3 x 50 on 1:10 Breast Kick w/board-descend
	{1 x 150 on 3:15 Breast Kick w/board
	{1 x 50 on 1:10 Breast Kick w/board-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 200 on 4:00 Breaststroke
	{2 x 25 on :40 Breast 2X pullouts
	{2 x 150 on 2:55 Breaststroke
	{4 x 25 on :40 Breast 2X pullouts
	{3 x 100 on 1:55 Breaststroke
	{6 x 25 on :40 Breast 2X pullouts
	{1 x 50 on :55 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,425 Yards - Stress Value = 95

Workout #23704 - Wednesday, 15 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #23705 - Wednesday, 15 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
275	11 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{1 x 150 on 4:15 Breast Kick w/board
	{3 x 50 on 1:30 Breast Kick w/board-descend
	{1 x 150 on 4:10 Breast Kick w/board
	{3 x 50 on 1:30 Breast Kick w/board-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{1 x 200 on 5:00 Breaststroke
	{2 x 25 on :45 Breast 2X pullouts

	{2 x 150 on 3:45 Breaststroke
	{4 x 25 on :45 Breast 2X pullouts
	{3 x 100 on 2:30 Breaststroke
475	19 x 25 on :45 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 2,800 Yards - Stress Value = 75

Workout #23706 - Wednesday, 15 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #23707 - Thursday, 16 May 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

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

Workout #23708 - Thursday, 16 May 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	4:15 PM Start
600	1 on 15:00 DS/Showers
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,700	1x{5 x 50 on :50 Kick
	{8 x 25 on :30 Kick your weakest kick
	{4 x 50 on :50 Kick
	{8 x 25 on :30 Kick your weakest kick
	{3 x 50 on :50 Kick
	{8 x 25 on :30 Kick your weakest kick
	{2 x 50 on :50 Kick
	{8 x 25 on :30 Kick your weakest kick
	{1 x 50 on :50 Kick
	{6 x 25 on :30 Kick your weakest kick
1,000	1x{4 x 100 on 1:40 Alt 50brpull/50frpull
	{3 x 100 on 1:35 Alt 50brpull/50frpull
	{2 x 100 on 1:30 Alt 50brpull/50frpull
	{1 x 100 on 1:25 Alt 50brpull/50frpull
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{4 x 125 on 2:10 100 Breast 25 free
	{2 x 75 on 1:15 25 back 50 breast
	{4 x 125 on 2:05 100 Breast 25 free
	{2 x 75 on 1:15 25 back 50 breast
	{4 x 125 on 2:00 100 Breast 25 free
	{2 x 75 on 1:15 25 back 50 breast
	{2 x 125 on 1:55 100 Breast 25 free
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 6,100 Yards - Stress Value = 97

Workout #23709 - Thursday, 16 May 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	4:15 PM Start	
	1 on 12:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,000	40 x 25 on :30 200 Back Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
	1 on 6:00 Video Evaluations 1+/1-	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Fly Kick Relay	EN2
600	30 x 20 on :30 100 Breast Pace	SP2
	1 on 15:00 lonl with Group 1	REC
	6:30 PM 3,575 Yards - Stress Value = 344	

Workout #23710 - Thursday, 16 May 2019

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
250	10 x 25 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:55 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:50 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts

200 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,400 Yards - Stress Value = 99

Workout #23711 - Thursday, 16 May 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
250	10 x 25 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:00 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:55 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,400 Yards - Stress Value = 99

Workout #23712 - Thursday, 16 May 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
250	10 x 25 on :45 Shooters
600	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:15 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:10 Fly Kick w/board
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,125 Yards - Stress Value = 84

Workout #23713 - Thursday, 16 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
250	10 x 25 on :45 Shooters
550	1x{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:25 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:20 Fly Kick w/board
	{2 x 25 on :35 Kick no board BSLR
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,000 Yards - Stress Value = 76

Workout #23714 - Thursday, 16 May 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
300	1 on 30:00 DS/Dryland	
250	1 x 300 on 7:00 Free 3KOW to 10 back to 3	
250	10 x 25 on :45 Shooters	
450	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 2:45 Fly Kick w/board	
	{2 x 25 on :45 Kick no board BSLR	
	{1 x 100 on 2:40 Fly Kick w/board	
	1 on 23:00 TEACH DAY-Fly	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
475	19 x 25 on :45 USRPT-100 Fly Pace	
	1 on 10:00 Racing Skills-Relay Starts	
200	1 x 200 on 4:00 Stroke Drills	
7:29 PM 1,775 Yards - Stress Value = 67		

4:15 PM Start

Yards	Set Description	EGY
600	1 on 15:00 DS/Showers	REC
180	1 x 600 on 10:00 Reverse IM drill	REC
500	12 x 15 on :45 Start/Shooter/Finish	SP3
	20 x 25 on :45 Kick no board BSLR w/fins	EN2
	All 100%	
1,850	1x{1 x 500 on 8:00 Individual Medley	EN2
	{1 x 100 on 1:30 Butterfly	EN2
	{1 x 400 on 6:20 Individual Medley	EN2
	{1 x 100 on 1:25 Backstroke	EN2
	{1 x 300 on 4:45 Individual Medley	EN2
	{1 x 100 on 1:40 Breaststroke	EN2
	{1 x 200 on 3:10 Individual Medley	EN2
	{1 x 150 on 1:50 Freestyle	EN2
	{ IM's are 25 drill 25 swim	
200	1 x 200 on 3:00 IM-Broken at the 50's	SP2
	Rest 10-20-30 seconds	
200	1 x 200 on 3:00 Stroke Drills	REC
5:44 PM 3,530 Yards - Stress Value = 74		

Workout #23715 - Thursday, 16 May 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM Start		
	1 on 30:00 DS/Dryland	
250	1 x 250 on 7:00 Free 3KOW to 10 back to 3	
250	10 x 25 on :45 Shooters	
400	1x{4 x 25 on :45 Kick no board BSLR	
	{2 x 100 on 3:30 Fly Kick w/board	
	{2 x 25 on :45 Kick no board BSLR	
	{1 x 50 on 1:45 Fly Kick w/board	
	1 on 23:00 TEACH DAY-Fly	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
375	15 x 25 on 1:00 USRPT-100 Fly Pace	
	1 on 10:00 Racing Skills-Relay Starts	
200	1 x 200 on 4:00 Stroke Drills	
7:30 PM 1,575 Yards - Stress Value = 56		

Workout #23718 - Friday, 17 May 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM Start		
	1 on 12:00 DS/Showers	
225	15 x 15 on :45 Racing Skills-Crossover shooters	
2,500	25 x 100 on 1:25 1650 Free Pace	
	1 on 6:00 Video-journal	
120	6 x 20 on 3:00 Timed underwaters	
150	1 x 150 on 3:00 Sciling Drills w/PullBouy-video	
5:45 PM 2,995 Yards - Stress Value = 271		

Workout #23719 - Friday, 17 May 2019

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM Start		
	1 on 40:00 DS/Dryland	REC
500	4 x 125 on 2:15 SwimUSS	REC
150	10 x 15 on :45 Shooters	SP3
1,700	1x{1 x 300 on 4:30 Individual Medley	EN2
	{4 x 25 on :30 Fly lup+ldown	EN2
	{1 x 100 on 1:35 Individual Medley	EN2
	{1 x 100 on 1:30 Individual Medley	EN2
	{1 x 50 on 1:00 Easy Free	REC
	{1 x 300 on 4:20 Individual Medley	EN2
	{4 x 25 on :30 Back 5KOW+2	EN2
	{1 x 100 on 1:30 Individual Medley	EN2
	{1 x 100 on 1:25 Individual Medley	EN2
	{1 x 50 on 1:00 Easy Free	REC
	{1 x 300 on 4:10 Individual Medley	EN2
	{4 x 25 on :30 Breaststroke 2X Pullouts	EN2
200	1 x 200 on 3:00 Stroke Drills	REC
6:30 PM 2,550 Yards - Stress Value = 38		

Workout #23716 - Friday, 17 May 2019

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM Start		
	1 on 15:00 DS/Showers	REC
600	1 x 600 on 10:00 Reverse IM drill	REC
180	12 x 15 on :45 Start/Shooter/Finish	SP3
500	20 x 25 on :45 Kick no board BSLR w/fins	EN2
	All 100%	
2,000	1x{1 x 500 on 7:30 Individual Medley	EN2
	{1 x 150 on 2:05 Butterfly	EN2
	{1 x 400 on 6:00 Individual Medley	EN2
	{1 x 150 on 2:00 Backstroke	EN2
	{1 x 300 on 4:30 Individual Medley	EN2
	{1 x 150 on 2:20 Breaststroke	EN2
	{1 x 200 on 3:00 Individual Medley	EN2
	{1 x 150 on 1:45 Freestyle	EN2
	{ IM's are 25 drill 25 swim	
200	1 x 200 on 3:00 IM-Broken at the 50's	SP2
	Rest 10-20-30 seconds	
200	1 x 200 on 3:00 Stroke Drills	REC
5:45 PM 3,680 Yards - Stress Value = 77		

Workout #23717 - Friday, 17 May 2019

Group 3 - Gold

1 minute rest between sets

Workout #23720 - Friday, 17 May 2019

1 minute rest between sets

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	§
5:00 PM Start				
500	1 on 40:00 DS/Dryland	REC	L I	
150	4 x 125 on 2:15 SwimUSS	REC	S	
1,700	10 x 15 on :45 Shooters	SP3	S	
	1x{1 x 300 on 4:45 Individual Medley	EN2	S	
	{4 x 25 on :30 Fly lup+ldown	EN2	S F	
	{1 x 100 on 1:35 Individual Medley	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 50 on 1:00 Easy Free	REC	S	
	{1 x 300 on 4:40 Individual Medley	EN2	S	
	{4 x 25 on :30 Back 5KOW+2	EN2	S	
	{1 x 100 on 1:30 Individual Medley	EN2	S	
	{1 x 100 on 1:25 Individual Medley	EN2	S	
	{1 x 50 on 1:00 Easy Free	REC	S	
	{1 x 300 on 4:35 Individual Medley	EN2	S	
	{1 x 100 on 1:25 Individual Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:31 PM 2,550 Yards - Stress Value = 38				

5:00 PM Start

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

Workout #23724 - Friday, 17 May 2019

Group 2 - Copper

1 minute rest between sets

Workout #23721 - Friday, 17 May 2019

Group 2 - Silver

1 minute rest between sets

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

5:00 PM Start

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

Workout #23722 - Friday, 17 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

Workout #23723 - Friday, 17 May 2019

Group 2 - Bronze

Workout #23725 - Monday, 20 May 2019

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
600	1 x 600 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,800	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 250 on 4:00 Kick
	{5 x 50 on 1:00 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:10 Kick
	{4 x 50 on 1:00 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{3 x 50 on 1:00 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on 1:00 Kick-descend
	{1 x 100 on 1:30 Kick
1,600	1x{1 x 100 on 1:10 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:15 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:20 Pulls
	{3 x 50 on :50 Pulls-no br L.14 yds
	{4 x 100 on 1:25 Pulls
	{3 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 600 on 7:45 Free Neg Split
	{1 x 500 on 6:25 Free L.25 of each 100 6BK
	{1 x 400 on 5:05 Free descend 100's
	{1 x 300 on 3:45 Free SFBO SW/3KOBHW
	{1 x 200 on 2:25 Free-build each 50
	{1 x 100 on 1:10 Free-100%
350	7 x 50 on 1:00 Stroke Drills
	6:30 PM 6,800 Yards - Stress Value = 87

Workout #23726 - Monday, 20 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
600	1 x 600 on 9:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,750	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 250 on 4:15 Kick
	{5 x 50 on 1:00 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:20 Kick
	{4 x 50 on 1:00 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:25 Kick
	{3 x 50 on 1:00 Kick-descend
	{4 x 25 on :30 Kick no board BSLR
	{2 x 50 on 1:00 Kick-descend
	{1 x 50 on :45 Kick
1,550	1x{1 x 100 on 1:15 Pulls
	{3 x 50 on 1:00 Pulls-no br L.12 yds
	{2 x 100 on 1:20 Pulls
	{3 x 50 on :55 Pulls-no br L.13 yds
	{3 x 100 on 1:25 Pulls
	{3 x 50 on :50 Pulls-no br L.14 yds
	{4 x 100 on 1:30 Pulls
	{2 x 50 on :45 Pulls-no br L.15 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{1 x 600 on 8:10 Free Neg Split
	{1 x 500 on 6:45 Free L.25 of each 100 6BK
	{1 x 400 on 5:20 Free descend 100's

{1 x 300 on 3:55 Free SFBO SW/3KOBHW

{1 x 200 on 2:30 Free-build each 50

{1 x 100 on 1:10 Free-100%

300 6 x 50 on 1:00 Stroke Drills

6:30 PM 6,650 Yards - Stress Value = 85

Workout #23727 - Monday, 20 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 12:00 DS>Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
1,000	40 x 25 on :30 200 Back Pace	S
	1 on 6:00 Video Evaluations 1+/1-	F
1,000	40 x 25 on :35 200 Breast Pace	S
	1 on 12:00 Eval/Racing Skills-1 leg starts	F
750	30 x 25 on :30 100 Free Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
600	30 x 20 on :30 100 Fly Pace	S
	1 on 5:00 Racing Skills-6sec work	F
	6:30 PM 3,875 Yards - Stress Value = 350	

Workout #23728 - Monday, 20 May 2019

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
700	1x{6 x 25 on :30 Kick no board B
	{1 x 150 on 3:00 Streamline Kick on back
	{6 x 25 on :30 Kick no board B
	{2 x 125 on 2:25 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	1x{1 x 200 on 3:10 Backstroke
	{1 x 200 on 3:05 Backstroke
	{1 x 200 on 3:00 Backstroke
	{1 x 200 on 2:55 Backstroke
	{1 x 150 on 2:20 Backstroke
	{1 x 150 on 2:15 Backstroke
	{1 x 150 on 2:10 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
750	30 x 25 on :30 USRPT 100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,750 Yards - Stress Value = 124

Workout #23729 - Monday, 20 May 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 650 1x{6 x 25 on :30 Kick no board B
 {1 x 150 on 3:15 Streamline Kick on back
 {6 x 25 on :30 Kick no board B
 {2 x 100 on 2:10 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{1 x 200 on 3:20 Backstroke
 {1 x 200 on 3:15 Backstroke
 {1 x 200 on 3:10 Backstroke
 {1 x 200 on 3:05 Backstroke
 {1 x 150 on 2:25 Backstroke
 {1 x 150 on 2:20 Backstroke
 {1 x 150 on 2:15 Backstroke
 {1 x 100 on 1:35 Backstroke
 750 30 x 25 on :30 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,600 Yards - Stress Value = 121

Workout #23730 - Monday, 20 May 2019

Group 2 - Silver

1 minute rest between sets

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

Workout #23731 - Monday, 20 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{6 x 25 on :35 Kick no board B
 {1 x 150 on 3:55 Streamline Kick on back
 {6 x 25 on :35 Kick no board B
 {1 x 100 on 2:35 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

1,100 1x{1 x 200 on 4:05 Backstroke
 {1 x 200 on 4:00 Backstroke
 {1 x 200 on 3:55 Backstroke
 {1 x 150 on 3:00 Backstroke
 {1 x 150 on 2:55 Backstroke
 {1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,075 Yards - Stress Value = 101

Workout #23732 - Monday, 20 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Streamline Kick on back
 {4 x 25 on :45 Kick no board B
 {1 x 100 on 2:55 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 200 on 4:45 Backstroke
 {1 x 200 on 4:40 Backstroke
 {1 x 150 on 3:35 Backstroke
 {1 x 150 on 3:30 Backstroke
 {1 x 100 on 2:20 Backstroke
 {1 x 100 on 2:15 Backstroke
 550 22 x 25 on :40 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,650 Yards - Stress Value = 88

Workout #23733 - Monday, 20 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :45 Kick no board B
 {1 x 100 on 3:30 Streamline Kick on back
 {4 x 25 on :45 Kick no board B
 {1 x 100 on 3:25 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{2 x 200 on 6:00 Backstroke
 {1 x 150 on 4:30 Backstroke
 {1 x 100 on 3:00 Backstroke
 {2 x 50 on 1:30 Backstroke
 500 20 x 25 on :45 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 79

Workout #23734 - Tuesday, 21 May 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,140 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 40 on 1:00 15 underwater 20 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 40 on :55 15 undwater 20 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 40 on :50 15 underwater 20 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 40 on :45 15 underwater 20 sprint free
 2,000 1x{4 x 50 on :40 Pull HB 2 SOW +1
 {4 x 75 on 1:00 Pull HB 2 SOW +1
 {4 x 100 on 1:20 Pull HB 2 SOW +1
 {4 x 125 on 1:40 Pull HB 2 SOW +1
 {4 x 150 on 2:00 Pull HB 2 SOW +1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{1 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:20 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {5 x 100 on 1:20 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 6:30 PM 6,590 Yards - Stress Value = 102

Workout #23735 - Tuesday, 21 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 1,140 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 40 on 1:00 15 underwater 20 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 40 on :55 15 undwater 20 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 40 on :50 15 underwater 20 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 40 on :45 15 underwater 20 sprint free
 2,000 1x{4 x 50 on :40 Pull HB 2 SOW +1
 {4 x 75 on 1:00 Pull HB 2 SOW +1
 {4 x 100 on 1:20 Pull HB 2 SOW +1
 {4 x 125 on 1:40 Pull HB 2 SOW +1
 {4 x 150 on 2:00 Pull HB 2 SOW +1
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{1 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:25 Backstroke
 400 8 x 50 on 1:00 Stroke Drills
 6:30 PM 6,490 Yards - Stress Value = 100

Workout #23736 - Tuesday, 21 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Back Shooters
 1,000 40 x 25 on :30 200 Free Pace
 1 on 6:00 Video Evaluations 1+/1-
 1,000 40 x 25 on :30 200 Fly Pace
 1 on 10:00 Racing Skills-Trophy Start
 750 30 x 25 on :30 100 Back Pace
 1 on 6:00 Video Evaluations 1+/1-
 750 30 x 25 on :30 100 Breast Pace
 1 on 15:00 lon1 with Group 1
 6:30 PM 3,725 Yards - Stress Value = 359

Workout #23737 - Wednesday, 22 May 2019

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 950 1x{2 x 50 on :55 Fly Kick w/board
 {1 x 100 on 1:55 Fly Kick w/board
 {2 x 125 on 2:25 Fly Kick w/board
 {1 x 150 on 2:55 Fly Kick w/board
 {2 x 175 on 3:25 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,500 1x{1 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 8/9/10/11 KOW
 {2 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 9/10/11/12 KOW
 {3 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 10/11/12/13 KOW
 {4 x 100 on 1:30 75 Free 25 Fly w/free kick
 {4 x 25 on :30 Fly 11/12/13/14 KOW
 {1 x 100 on 1:30 Butterfly
 750 30 x 25 on :30 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,100 Yards - Stress Value = 70

Workout #23738 - Wednesday, 22 May 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{1 x 50 on 1:00 Fly Kick w/board
 {1 x 100 on 2:05 Fly Kick w/board
 {2 x 125 on 2:40 Fly Kick w/board
 {1 x 150 on 3:10 Fly Kick w/board
 {2 x 175 on 3:40 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{1 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 8/9/10/11 KOW
 {2 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 9/10/11/12 KOW
 {3 x 100 on 1:40 75 Free 25 Fly w/free kick
 {4 x 25 on :35 Fly 10/11/12/13 KOW
 {4 x 100 on 1:40 75 Free 25 Fly w/free kick
 {2 x 25 on :35 Fly 13/14 KOW
 625 25 x 25 on :35 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 63

Workout #23739 - Wednesday, 22 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 800 1x{1 x 50 on 1:10 Fly Kick w/board
 {2 x 75 on 1:45 Fly Kick w/board
 {2 x 100 on 2:20 Fly Kick w/board
 {2 x 125 on 2:55 Fly Kick w/board
 {1 x 150 on 3:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 8/9/10/11 KOW
 {2 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 9/10/11/12 KOW
 {3 x 100 on 1:55 75 Free 25 Fly w/free kick
 {4 x 25 on :40 Fly 10/11/12/13 KOW
 {2 x 100 on 1:55 75 Free 25 Fly w/free kick
 550 22 x 25 on :40 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,275 Yards - Stress Value = 55

Workout #23740 - Wednesday, 22 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{1 x 50 on 1:20 Fly Kick w/board
 {2 x 75 on 2:00 Fly Kick w/board
 {1 x 100 on 2:40 Fly Kick w/board
 {2 x 125 on 3:20 Fly Kick w/board
 {1 x 150 on 4:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 100 on 2:05 75 Free 25 Fly w/free kick

{4 x 25 on :45 Fly 8/9/10/11 KOW
 {2 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 9/10/11/12 KOW
 {3 x 100 on 2:05 75 Free 25 Fly w/free kick
 {4 x 25 on :45 Fly 10/11/12/13 KOW
 {1 x 100 on 2:05 75 Free 25 Fly w/free kick
 20 x 25 on :45 USRPT 100 Fly Pace
 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,025 Yards - Stress Value = 50

Workout #23741 - Wednesday, 22 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{2 x 75 on 2:15 Fly Kick w/board
 {1 x 100 on 3:00 Fly Kick w/board
 {1 x 150 on 4:30 Fly Kick w/board
 {1 x 200 on 6:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 8/9/10/11 KOW
 {2 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 9/10/11/12 KOW
 {3 x 100 on 2:30 75 Free 25 Fly w/free kick
 {4 x 25 on :50 Fly 10/11/12/13 KOW
 450 18 x 25 on :50 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,675 Yards - Stress Value = 45

Workout #23742 - Tuesday, 21 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 275 11 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 500 1x{2 x 50 on 2:00 Fly Kick w/board
 {2 x 100 on 4:00 Fly Kick w/board
 {1 x 200 on 7:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 775 1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {2 x 100 on 3:00 75 Free 25 Fly w/free kick
 {2 x 25 on 1:00 Fly 8/9 KOW
 {3 x 100 on 3:00 75 Free 25 Fly w/free kick
 {3 x 25 on 1:00 Fly 8/9/10 KOW
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,375 Yards - Stress Value = 40

Workout #23743 - Wednesday, 22 May 2019

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,800	1x{3 x 100 on 1:45 Kick
	{3 x 100 on 1:40 Kick
	{3 x 100 on 1:35 Kick
	{3 x 100 on 1:30 Kick
	{3 x 100 on 1:25 Kick
	{3 x 100 on 1:20 Kick
1,000	1 x 1000 on 12:30 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{3 x 150 on 2:35 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:30 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:25 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:20 2K1P w/tennis balls
	{6 x 25 on :40 Brst with paddles atl 2/3 PO
200	1 x 200 on 3:00 Stroke Drills
6:30 PM	6,250 Yards - Stress Value = 79

Workout #23744 - Wednesday, 22 May 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
=====	=====
	1 on 15:00 DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,650	1x{3 x 100 on 1:45 Kick
	{3 x 100 on 1:40 Kick
	{4 x 100 on 1:35 Kick
	{3 x 100 on 1:40 Kick
	{3 x 100 on 1:45 Kick
	{1 x 50 on :50 Kick
900	1 x 900 on 12:30 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,325	1x{3 x 150 on 2:45 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:40 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:35 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:30 2K1P w/tennis balls
	{3 x 25 on :40 Brst with paddles atl 2/3 PO
200	1 x 200 on 3:00 Stroke Drills
6:30 PM	5,925 Yards - Stress Value = 74

Workout #23745 - Wednesday, 22 May 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
4:15 PM	Start	
=====	=====	==
	1 on 15:00 DS/Showers	RE
150	10 x 15 on :45 Racing Skills-Breast Shooters	SE
1,000	40 x 25 on :35 200 Breast Pace	SE
	1 on 5:00 Video Evaluations 1+/1-	RE
1,000	40 x 25 on :30 200 Back Pace	SE
	1 on 10:00 Eval/Racing Skills-Tivo Starts	RE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 10:00 Racing Skills-Fly Kick Relay	EM

600	30 x 20 on :30 100 Free Pace	SE
	1 on 9:00 Racing Skills-6 sec work	SE
6:30 PM	3,500 Yards - Stress Value = 341	

Workout #23746 - Tuesday, 21 May 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{1 x 150 on 2:50 Breast Kick w/board
	{3 x 50 on 1:00 Breast Kick w/board-descend
	{1 x 150 on 2:45 Breast Kick w/board
	{3 x 50 on 1:00 Breast Kick w/board-descend
	{1 x 100 on 1:45 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 3:15 Breaststroke
	{2 x 25 on :30 Breast 2X pullouts
	{2 x 150 on 2:25 Breaststroke
	{4 x 25 on :30 Breast 2X pullouts
	{3 x 100 on 1:35 Breaststroke
	{6 x 25 on :30 Breast 2X pullouts
	{4 x 50 on :45 Breaststroke
750	30 x 25 on :30 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,650 Yards - Stress Value = 108

Workout #23747 - Tuesday, 21 May 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
650	1x{1 x 150 on 3:00 Breast Kick w/board
	{3 x 50 on 1:05 Breast Kick w/board-descend
	{1 x 150 on 2:55 Breast Kick w/board
	{4 x 50 on 1:05 Breast Kick w/board-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 200 on 3:25 Breaststroke
	{2 x 25 on :35 Breast 2X pullouts
	{2 x 150 on 2:35 Breaststroke
	{4 x 25 on :35 Breast 2X pullouts
	{3 x 100 on 1:45 Breaststroke
	{6 x 25 on :35 Breast 2X pullouts
	{1 x 50 on :50 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,325 Yards - Stress Value = 92

Workout #23748 - Tuesday, 21 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{1 x 150 on 3:25 Breast Kick w/board { 3 x 50 on 1:10 Breast Kick w/board-descend { 1 x 150 on 3:20 Breast Kick w/board { 3 x 50 on 1:10 Breast Kick w/board-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,025	1x{1 x 200 on 4:00 Breaststroke { 2 x 25 on :40 Breast 2X pullouts { 2 x 150 on 2:55 Breaststroke { 4 x 25 on :40 Breast 2X pullouts { 3 x 100 on 1:55 Breaststroke { 3 x 25 on :40 Breast 2X pullouts
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 90

Workout #23749 - Tuesday, 21 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
575	1x{1 x 150 on 3:35 Breast Kick w/board { 3 x 50 on 1:10 Breast Kick w/board-descend { 1 x 150 on 3:30 Breast Kick w/board { 2 x 50 on 1:10 Breast Kick w/board-descend { 1 x 25 on :35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{1 x 200 on 4:15 Breaststroke { 2 x 25 on :40 Breast 2X pullouts { 2 x 150 on 3:10 Breaststroke { 4 x 25 on :40 Breast 2X pullouts { 3 x 100 on 2:05 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 2,925 Yards - Stress Value = 81

Workout #23750 - Tuesday, 21 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	1x{1 x 150 on 4:15 Breast Kick w/board { 3 x 50 on 1:30 Breast Kick w/board-descend { 1 x 150 on 4:10 Breast Kick w/board { 1 x 50 on 1:00 Breast Kick w/board-descend
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{1 x 200 on 5:00 Breaststroke { 2 x 25 on :45 Breast 2X pullouts { 2 x 150 on 3:45 Breaststroke { 4 x 25 on :45 Breast 2X pullouts { 2 x 100 on 2:30 Breaststroke

475	19 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,575 Yards - Stress Value = 72

Workout #23751 - Tuesday, 21 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
200	1 x 200 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
400	1x{1 x 150 on 4:45 Breast Kick w/board { 2 x 50 on 1:45 Breast Kick w/board-descend { 1 x 150 on 4:40 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
700	1x{1 x 200 on 6:00 Breaststroke { 2 x 25 on 1:00 Breast 2X pullouts { 2 x 150 on 4:30 Breaststroke { 2 x 25 on 1:00 Breast 2X pullouts { 1 x 100 on 3:00 Breaststroke
375	15 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 2,175 Yards - Stress Value = 58

Workout #23752 - Thursday, 23 May 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 2,000 1x{2 x 125 on 2:30 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:25 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:20 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:15 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:10 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:05 Kick #2
 1,100 1x{2 x 125 on 1:35 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:15 Pulls-nbbf&w + 2 yds
 {4 x 75 on :55 Pulls-nbbf&w + 2 yds
 {5 x 50 on :35 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {8 x 25 on :30 Fly HB1SOW+1
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {8 x 25 on :30 Fly HB1SOW+1
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {8 x 25 on :30 Fly HB1SOW+1
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {8 x 25 on :30 Fly HB1SOW+1
 300 6 x 50 on 1:00 Stroke Drills
 6:30 PM 6,150 Yards - Stress Value = 106

{4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:10 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:05 Kick #2
 950 1x{2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {3 x 100 on 1:25 Pulls-nbbf&w + 2 yds
 {4 x 75 on 1:00 Pulls-nbbf&w + 2 yds
 {2 x 50 on :40 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,650 1x{1 x 50 on 1:05 Fly w/free kick 25
 {1 x 50 on 1:05 Fly w/free kick 30
 {1 x 50 on 1:05 Fly w/free kick 35
 {1 x 50 on 1:05 Fly w/free kick 40
 {1 x 50 on 1:05 Fly w/free kick 45
 {1 x 50 on 1:05 Fly w/free kick 50
 {8 x 25 on :30 Fly HB1SOW+1
 {1 x 50 on 1:00 Fly w/free kick 25
 {1 x 50 on 1:00 Fly w/free kick 30
 {1 x 50 on 1:00 Fly w/free kick 35
 {1 x 50 on 1:00 Fly w/free kick 40
 {1 x 50 on 1:00 Fly w/free kick 45
 {1 x 50 on 1:00 Fly w/free kick 50
 {8 x 25 on :30 Fly HB1SOW+1
 {1 x 50 on :55 Fly w/free kick 25
 {1 x 50 on :55 Fly w/free kick 30
 {1 x 50 on :55 Fly w/free kick 35
 {1 x 50 on :55 Fly w/free kick 40
 {1 x 50 on :55 Fly w/free kick 45
 {1 x 50 on :55 Fly w/free kick 50
 {8 x 25 on :30 Fly HB1SOW+1
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {8 x 25 on :30 Fly HB1SOW+1
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {8 x 25 on :30 Fly HB1SOW+1
 {1 x 50 on :50 Fly w/free kick 25
 {1 x 50 on :50 Fly w/free kick 30
 {1 x 50 on :50 Fly w/free kick 35
 {1 x 50 on :50 Fly w/free kick 40
 {1 x 50 on :50 Fly w/free kick 45
 {1 x 50 on :50 Fly w/free kick 50
 {8 x 25 on :30 Fly HB1SOW+1
 300 6 x 50 on 1:00 Stroke Drills
 6:30 PM 5,850 Yards - Stress Value = 100

Workout #23754 - Thursday, 23 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY W
 =====
 1 on 12:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-Fly Shooters SP3
 1,000 40 x 25 on :30 200 Fly Pace SP2
 1,000 1 on 5:00 Video Evaluations 1+/1- REC
 40 x 25 on :30 200 Free Pace SP2
 1 on 5:00 Video Evaluations 1+/1- REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 12:00 Underwater Racing EN2
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 15:00 lon1 with Group 1 REC
 6:30 PM 3,725 Yards - Stress Value = 359

Workout #23753 - Thursday, 23 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 2,000 1x{2 x 125 on 2:30 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:25 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:20 Kick #2
 {4 x 25 on :30 Kick #1-100%
 {2 x 125 on 2:15 Kick #2

Workout #23755 - Thursday, 23 May 2019

7:30 PM 1,900 Yards - Stress Value = 17

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:45 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:55 Stremline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:45 Breat Kick w/board
 {2 x 25 on :30 Kick no board BSLR
 {1 x 50 on :55 Free Kick w/board
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,300 Yards - Stress Value = 95

Workout #23758 - Thursday, 23 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:15 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:15 Stremline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:15 Breat Kick w/board
 {2 x 25 on :40 Kick no board BS
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,850 Yards - Stress Value = 16

Workout #23756 - Thursday, 23 May 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:10 Stremline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Breat Kick w/board
 {2 x 25 on :30 Kick no board BSLR
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,125 Yards - Stress Value = 19

Workout #23759 - Thursday, 23 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:30 Stremline Kick on Back
 {2 x 25 on :45 Kick no board BS
 {1 x 100 on 2:45 50Br50Fr Kick w/board
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,650 Yards - Stress Value = 15

Workout #23757 - Thursday, 23 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:10 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:10 Stremline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:05 Breat Kick w/board
 {2 x 25 on :40 Kick no board BS
 {1 x 50 on 1:00 Free Kick /board
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills

Workout #23760 - Thursday, 23 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 2:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 2:00 Streamline Kick on Back
 {2 x 25 on 1:00 Kick no board BS
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Crossover Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 1,425 Yards - Stress Value = 13

Workout #23761 - Friday, 24 May 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Shower
 600 1 x 600 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 1x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:00 Kick-all under 1:20
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 1:55 Kick-all under 1:18
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 200 on 2:30 Individual Medley
 {1 x 100 on 1:30 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 100 on 2:35 Individual Medley
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 200 on 2:40 Individual Medley
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 200 on 2:45 Individual Medley
 {1 x 100 on 1:15 Individual Medley
 {1 x 100 on 1:10 Freestyle
 {1 x 200 on 2:50 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 5:44 PM 3,700 Yards - Stress Value = 54

Workout #23762 - Friday, 24 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Shower
 600 1 x 600 on 9:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 800 1x{1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 2:00 Kick-all under 1:30
 {1 x 25 on :45 Kick on left side face down
 {1 x 25 on :45 Kick on right side face down
 {1 x 25 on :45 Kick on left side face up
 {1 x 25 on :45 Kick on right side face up
 {3 x 100 on 1:55 Kick-all under 1:28
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,700 1x{1 x 200 on 2:40 Individual Medley
 {1 x 100 on 1:30 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 100 on 2:45 Individual Medley
 {1 x 100 on 1:25 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 200 on 2:50 Individual Medley
 {1 x 100 on 1:20 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 200 on 2:55 Individual Medley
 {1 x 100 on 1:15 Individual Medley
 {1 x 100 on 1:15 Freestyle
 {1 x 200 on 3:00 Individual Medley
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 3,700 Yards - Stress Value = 54

Workout #23763 - Friday, 24 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 150 10 x 15 on :45 Racing Skills-Crossover turns
 2,500 25 x 100 on 1:25 1650 Free Pace
 1 on 8:00 Video Evaluations 1+/1-
 200 8 x 25 on 3:00 50 Free Pace
 5:45 PM 2,850 Yards - Stress Value = 276

Workout #23764 - Friday, 24 May 2019

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 500 4 x 125 on 2:15 SwimUSS
 50swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 1,800 1x{1 x 100 on 1:30 Free L.25 6BK
 {1 x 100 on 1:30 Free L.25 2 breaths
 {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:25 Free L.25 6BK
 {2 x 100 on 1:25 Free L.25 2 breaths
 {2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:20 Free L.25 6bk
 {3 x 100 on 1:20 Free L.25 2 breaths
 {3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 2,700 Yards - Stress Value = 42

Workout #23765 - Friday, 24 May 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 500 4 x 125 on 2:15 SwimUSS
 50swim, 25underwater, 25swim, 25scull
 150 10 x 15 on :45 Shooters
 1,600 1x{1 x 100 on 1:40 Free L.25 6BK
 {1 x 100 on 1:40 Free L.25 2 breaths
 {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:35 Free L.25 6BK
 {2 x 100 on 1:35 Free L.25 2 breaths
 {2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 {3 x 100 on 1:30 Free L.25 6bk
 {2 x 100 on 1:30 Free L.25 2 breaths
 {2 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 250 1 x 250 on 5:00 Stroke Drills
 6:30 PM 2,500 Yards - Stress Value = 38

Workout #23766 - Friday, 24 May 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 1:50 Free L.25 6BK
	{1 x 100 on 1:50 Free L.25 2 breaths
	{1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:45 Free L.25 6BK
	{2 x 100 on 1:45 Free L.25 2 breaths
	{2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:40 Free L.25 6bk
	{1 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,200 Yards - Stress Value = 34

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
800	1x{1 x 100 on 3:00 Free L.25 6BK
	{1 x 100 on 3:00 Free L.25 2 breaths
	{1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:55 Free L.25 6BK
	{2 x 100 on 2:55 Free L.25 2 breaths
	{1 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:29 PM 1,600 Yards - Stress Value = 22

Workout #23770 - Tuesday, 28 May 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 15:00 DS>Showers
150	1 x 600 on 10:00 Top Hat Drill
	10 x 15 on :45 Shooters
1,280	1x{2 x 40 on 1:00 Kick
	{1 x 120 on 1:35 Kick
	{2 x 40 on :55 Kick
	{1 x 120 on 1:40 Kick
	{2 x 40 on :50 Kick
	{1 x 120 on 1:45 Kick
	{2 x 40 on :45 Kick
	{1 x 120 on 1:50 Kick
	{2 x 40 on :40 Kick
	{1 x 120 on 1:55 Kick
	{2 x 40 on :35 Kick
	{1 x 120 on 2:00 Kick
	{2 x 40 on :30 Kick
	{ 20y streamline kick on back
	{ 15m undrwtr/SFBO-GF
1,800	12 x 150 on 1:55 Pulls 1-6BTB/7-12BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	100's 12.5yds under, 50's 15m under
	off last wall
2,400	2x{2 x 100 on 1:25 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:20 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:15 Back w/fins
	{2 x 50 on 1:00 Backstroke
	{2 x 100 on 1:10 Back w/fins
	{2 x 50 on 1:00 Backstroke
400	8 x 50 on 1:00 Stroke Drills
	6:30 PM 6,830 Yards - Stress Value = 118

Workout #23767 - Friday, 24 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:00 Free L.25 6BK
	{1 x 100 on 2:00 Free L.25 2 breaths
	{1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:55 Free L.25 6BK
	{2 x 100 on 1:55 Free L.25 2 breaths
	{2 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 2:00 Free L.25 6bk
	{1 x 100 on 2:00 Free L.25 2 breaths
	{1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:29 PM 2,000 Yards - Stress Value = 30

Workout #23768 - Friday, 24 May 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:30 Free L.25 6BK
	{1 x 100 on 2:30 Free L.25 2 breaths
	{1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:25 Free L.25 6BK
	{2 x 100 on 2:25 Free L.25 2 breaths
	{2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 1:10 Free L.25 6bk
	{1 x 50 on 1:10 Free L.25 2 breaths
	{1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
250	1 x 250 on 5:00 Stroke Drills
	6:31 PM 1,850 Yards - Stress Value = 27

Workout #23769 - Friday, 24 May 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Workout #23771 - Tuesday, 28 May 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
600	1 on 15:00 DS>Showers
150	1 x 600 on 10:00 Top Hat Drill
1,280	1x{2 x 40 on 1:00 Kick {1 x 120 on 1:35 Kick {2 x 40 on :55 Kick {1 x 120 on 1:40 Kick {2 x 40 on :50 Kick {1 x 120 on 1:45 Kick {2 x 40 on :45 Kick {1 x 120 on 1:50 Kick {2 x 40 on :40 Kick {1 x 120 on 1:55 Kick {2 x 40 on :35 Kick {1 x 120 on 2:00 Kick {2 x 40 on :30 Kick { 20y streamline kick on back { 15m undrwtr/SFBO-GF
1,650	11 x 150 on 2:05 Pulls 1-6BTB/7-11BTS
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes 100's 12.5yds under, 50's 15m under off last wall
2,400	2x{2 x 100 on 1:30 Back w/fins {2 x 50 on 1:00 Backstroke {2 x 100 on 1:25 Back w/fins {2 x 50 on 1:00 Backstroke {2 x 100 on 1:20 Back w/fins {2 x 50 on 1:00 Backstroke {2 x 100 on 1:15 Back w/fins {2 x 50 on 1:00 Backstroke
350	7 x 50 on 1:00 Stroke Drills
6:30 PM	6,630 Yards - Stress Value = 115

Workout #23772 - Tuesday, 28 May 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
4:15 PM	Start
225	1 on 12:00 DS>Showers
1,000	15 x 15 on :45 Racing Skills-Free Shooters
1,000	40 x 25 on :30 200 Free Pace
750	1 on 6:00 Video Evaluations 1+/1-
300	40 x 25 on :30 200 Fly Pace
300	1 on 6:00 Video Evaluations 1+/1-
300	30 x 25 on :30 100 Back Pace
600	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck 30 x 20 on :30 100 Breast Pace
6:30 PM	3,875 Yards - Stress Value = 350

Workout #23773 - Tuesday, 28 May 2019

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
400	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 SunYangFree-Count strokes

150	10 x 15 on :45 Shooters
700	1x{6 x 25 on :30 Kick no board S {1 x 150 on 2:45 Fly Kick w/board {4 x 25 on :30 Kick no board S {2 x 150 on 2:40 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 200 on 3:15 Butterfly {1 x 200 on 3:00 Freestyle {2 x 175 on 2:50 Butterfly {1 x 200 on 3:00 Freestyle {3 x 150 on 2:20 Butterfly
750	30 x 25 on :30 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Low Profile Turns
7:30 PM	3,700 Yards - Stress Value = 119

Workout #23774 - Tuesday, 28 May 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
400	1 on 30:00 DS/Dryland
150	1 x 400 on 7:00 SunYangFree-Count strokes
650	10 x 15 on :45 Shooters
100	1x{6 x 25 on :35 Kick no board S {1 x 150 on 3:00 Fly Kick w/board {4 x 25 on :35 Kick no board S {2 x 125 on 2:25 Fly Kick w/board
1,225	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks {1 x 200 on 3:30 Butterfly {1 x 150 on 2:30 Freestyle {2 x 175 on 3:00 Butterfly {1 x 150 on 2:35 Freestyle {3 x 125 on 2:10 Butterfly
625	25 x 25 on :35 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Low Profile Turns
7:30 PM	3,350 Yards - Stress Value = 104

Workout #23775 - Tuesday, 28 May 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 SunYangFree-Count strokes
550	10 x 15 on :45 Shooters
100	1x{4 x 25 on :40 Kick no board S {1 x 150 on 3:20 Fly Kick w/board {4 x 25 on :40 Kick no board S {2 x 100 on 2:15 Fly Kick w/board
1,125	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks {1 x 200 on 3:50 Butterfly {1 x 100 on 1:50 Freestyle {2 x 175 on 3:20 Butterfly {1 x 100 on 1:50 Freestyle {3 x 125 on 2:20 Butterfly
625	25 x 25 on :35 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Low Profile Turns
7:30 PM	3,100 Yards - Stress Value = 100

Workout #23776 - Tuesday, 28 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board S
 {1 x 150 on 3:35 Fly Kick w/board
 {4 x 25 on :40 Kick no board S
 {2 x 100 on 2:25 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{1 x 200 on 4:00 Butterfly
 {1 x 100 on 1:50 Freestyle
 {2 x 175 on 3:30 Butterfly
 {1 x 100 on 1:50 Freestyle
 {3 x 125 on 2:25 Butterfly
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,025 Yards - Stress Value = 93

200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,275 Yards - Stress Value = 66

Workout #23779 - Wednesday, 29 May 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 2,000 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-12
 {4 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no board BSLR-14
 {4 x 75 on 1:00 Kick
 {4 x 25 on :30 Kick no board BSLR-12
 {4 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 1,500 1x{2 x 150 on 2:10 Lungbuster pulls
 {2 x 150 on 2:05 Lungbuster pulls
 {2 x 150 on 2:00 Lungbuster pulls
 {2 x 150 on 1:55 Lungbuster pulls
 {2 x 150 on 1:50 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,850 1x{1 x 150 on 2:20 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {2 x 125 on 1:55 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {3 x 100 on 1:30 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {4 x 75 on 1:05 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {5 x 50 on :45 Breaststroke
 400 8 x 50 on 1:00 Stroke Drills
 6:30 PM 6,600 Yards - Stress Value = 115

Workout #23777 - Tuesday, 28 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board S
 {1 x 150 on 4:00 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 {2 x 75 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 200 on 5:00 Butterfly
 {1 x 100 on 2:30 Freestyle
 {2 x 150 on 3:45 Butterfly
 {1 x 50 on 1:15 Freestyle
 {2 x 100 on 2:30 Butterfly
 475 19 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Low Profile Turns
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,575 Yards - Stress Value = 79

Workout #23778 - Tuesday, 28 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :45 Kick no board S
 {1 x 150 on 4:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 {1 x 100 on 3:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 200 on 6:00 Butterfly
 {1 x 100 on 2:45 Freestyle
 {2 x 150 on 4:30 Butterfly
 {1 x 100 on 2:45 Freestyle
 {1 x 50 on 1:30 Butterfly
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Low Profile Turns

Workout #23780 - Wednesday, 29 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS>Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,900 1x{4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:15 Kick
 {4 x 25 on :30 Kick no board BSLR-12
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR-14
 {4 x 75 on 1:05 Kick
 {4 x 25 on :30 Kick no board BSLR-12
 {4 x 75 on 1:10 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 50 on :50 Kick
 1,400 1x{2 x 150 on 2:15 Lungbuster pulls
 {2 x 150 on 2:10 Lungbuster pulls
 {2 x 150 on 2:05 Lungbuster pulls
 {2 x 150 on 2:00 Lungbuster pulls
 {2 x 100 on 1:20 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 150 on 2:30 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {2 x 125 on 2:00 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {3 x 100 on 1:35 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {4 x 75 on 1:10 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {4 x 50 on :50 Breaststroke
 400 8 x 50 on 1:00 Stroke Drills
 6:30 PM 6,350 Yards - Stress Value = 110

{1 x 100 on 1:40 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 150 on 2:40 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {2 x 125 on 2:10 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {3 x 100 on 1:40 Breaststroke
 {2 x 75 on 1:20 25flyK, 25XK1p, 25clsdfst
 {2 x 50 on :50 Breaststroke
 750 30 x 25 on :30 USRPT 100 Breast Pace
 1 on 10:00 Tic Tac Toe Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,500 Meters - Stress Value = 131

Workout #23783 - Wednesday, 29 May 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Meters Set Description
 =====
 1 on 30:00 DS/Dryland
 350 14 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:00 Breast Kick w/board
 {1 x 100 on 2:10 Breast Kick w/board
 {1 x 100 on 1:55 Breast Kick w/board
 {1 x 100 on 2:10 Breast Kick w/board
 {1 x 100 on 1:50 Breast Kick w/board
 {1 x 100 on 2:10 Breast Kick w/board
 {1 x 50 on :50 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 150 on 2:45 Breaststroke
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 {2 x 125 on 2:15 Breaststroke
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 {3 x 100 on 1:45 Breaststroke
 {2 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Tic Tac Toe Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,225 Meters - Stress Value = 113

6:30 PM 6,350 Yards - Stress Value = 110

Workout #23781 - Wednesday, 29 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 12:00 DS>Showers
 225 15 x 15 on :45 Racing Skills-IM Shooters
 3,000 30 x 100 on 1:25 1650 Free Pace
 1 on 5:00 Video evaluations
 1,500 1x{10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 1 on 10:00 Video Eval/Tic Tac Toe
 140 7 x 20 on 3:00 Timed Underwaters
 6:31 PM 4,865 Yards - Stress Value = 473

Workout #23784 - Wednesday, 29 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Meters Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 2:10 Breast Kick w/board
 {1 x 100 on 2:20 Breast Kick w/board
 {1 x 100 on 2:05 Breast Kick w/board
 {1 x 100 on 2:20 Breast Kick w/board
 {1 x 100 on 2:00 Breast Kick w/board
 {1 x 100 on 2:20 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,075 1x{1 x 150 on 3:00 Breaststroke
 {2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst
 {2 x 125 on 2:25 Breaststroke
 {2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst
 {3 x 100 on 1:55 Breaststroke
 {1 x 75 on 1:30 25flyK, 25XK1p, 25clsdfst
 550 22 x 25 on :40 USRPT 100 Breast Pace
 1 on 10:00 Tic Tac Toe Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,975 Meters - Stress Value = 104

7:30 PM 3,225 Meters - Stress Value = 113

Workout #23782 - Wednesday, 29 May 2019

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Meters Set Description
 =====
 1 on 30:00 DS/Dryland
 350 14 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 1:55 Breast Kick w/board
 {1 x 100 on 2:00 Breast Kick w/board
 {1 x 100 on 1:50 Breast Kick w/board
 {1 x 100 on 2:00 Breast Kick w/board
 {1 x 100 on 1:45 Breast Kick w/board
 {1 x 100 on 2:00 Breast Kick w/board

7:30 PM 2,975 Meters - Stress Value = 104

Workout #23785 - Wednesday, 29 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

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

1 on 30:00 DS/Dryland
300 12 x 25 on :35 Wednesday Warm-up
150 10 x 15 on :45 Shooters
550 1x{1 x 100 on 2:20 Breast Kick w/board
{1 x 100 on 2:30 Breast Kick w/board
{1 x 100 on 2:15 Breast Kick w/board
{1 x 100 on 2:30 Breast Kick w/board
{1 x 100 on 2:10 Breast Kick w/board
{1 x 50 on 1:30 Breast Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
1,000 1x{1 x 150 on 3:10 Breaststroke
{2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst
{2 x 125 on 2:35 Breaststroke
{2 x 75 on 1:40 25flyK, 25XK1p, 25clsdfst
{3 x 100 on 2:00 Breaststroke
550 22 x 25 on :40 USRPT 100 Breast Pace
1 on 10:00 Tic Tac Toe Relay
200 1 x 200 on 4:00 Stroke Drills
7:29 PM 2,850 Meters - Stress Value = 101

Workout #23786 - Wednesday, 29 May 2019

Group 2 - Bronze

1 minute rest between sets

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

1 on 30:00 DS/Dryland
225 9 x 25 on :45 Wednesday Warm-up
150 10 x 15 on :45 Shooters
500 1x{1 x 100 on 2:45 Breast Kick w/board
{1 x 50 on 1:30 Breast Kick w/board
{1 x 100 on 2:40 Breast Kick w/board
{1 x 50 on 1:30 Breast Kick w/board
{1 x 100 on 2:35 Breast Kick w/board
{1 x 100 on 3:00 Breast Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
850 1x{1 x 150 on 3:45 Breaststroke
{2 x 75 on 2:00 25flyK, 25XK1p, 25clsdfst
{2 x 100 on 2:30 Breaststroke
{2 x 75 on 2:00 25flyK, 25XK1p, 25clsdfst
{4 x 50 on 1:15 Breaststroke
475 19 x 25 on :45 USRPT 100 Breast Pace
1 on 10:00 Tic Tac Toe Relay
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,500 Meters - Stress Value = 87

Workout #23787 - Wednesday, 29 May 2019

Group 2 - Copper

1 minute rest between sets

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

1 on 30:00 DS/Dryland
225 9 x 25 on :45 Wednesday Warm-up
150 10 x 15 on :45 Shooters
450 1x{1 x 100 on 3:00 Breast Kick w/board
{1 x 50 on 1:30 Breast Kick w/board
{1 x 100 on 2:55 Breast Kick w/board
{1 x 50 on 1:30 Breast Kick w/board
{1 x 100 on 2:50 Breast Kick w/board
{1 x 50 on 1:30 Breast Kick w/board
100 1x{4 x 25 on 1:00 Odds face in sculling drills
{ Evens-underwaters, count kicks
750 1x{1 x 150 on 4:15 Breaststroke

{2 x 75 on 2:15 25flyK, 25XK1p, 25clsdfst
{2 x 100 on 2:50 Breaststroke
{2 x 75 on 2:15 25flyK, 25XK1p, 25clsdfst
{2 x 50 on 1:25 Breaststroke
475 19 x 25 on :45 USRPT 100 Breast Pace
1 on 10:00 Tic Tac Toe Relay
200 1 x 200 on 4:00 Stroke Drills
7:30 PM 2,350 Meters - Stress Value = 84

Workout #23788 - Thursday, 30 May 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start
Yards Set Description
=====

1 on 15:00 DS>Showers
600 1 x 600 on 10:00 Underwater trn drill
Odd 100's free even 100's back
150 10 x 15 on :45 Shooters
1,100 11 x 100 on 2:00 Challenge Kick Set
1,600 2x{1 x 200 on 2:30 Pulls BWSPF
{1 x 200 on 2:35 Pulls BWHPF
{1 x 200 on 2:40 Pulls BWKPF
{1 x 200 on 2:45 Pulls BWFPF
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000 1x{1 x 200 on 2:35 3 strokes fly off walls-NB
{4 x 100 on 1:25 Alt 25fr br 5/25fl w/fr kick
{2 x 200 on 2:35 3 strokes fly off walls-NB
{3 x 100 on 1:25 Alt 25fr br 5/25fl w/fr kick
{3 x 200 on 2:35 3 strokes fly off walls-NB
{2 x 100 on 1:25 Alt 25fr br 5/25fl w/fr kick
{4 x 200 on 2:35 3 strokes fly off walls-NB
{1 x 100 on 1:25 Alt 25fr br 5/25fl w/fr kick
350 7 x 50 on 1:00 Stroke Drills
6:30 PM 7,000 Yards - Stress Value = 122

Workout #23789 - Thursday, 30 May 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
Yards Set Description
=====

1 on 15:00 DS>Showers
600 1 x 600 on 10:00 Underwater trn drill
Odd 100's free even 100's back
150 10 x 15 on :45 Shooters
1,100 11 x 100 on 2:00 Challenge Kick Set
1,600 2x{1 x 200 on 2:30 Pulls BWSPF
{1 x 200 on 2:35 Pulls BWHPF
{1 x 200 on 2:40 Pulls BWKPF
{1 x 200 on 2:45 Pulls BWFPF
200 4x{1 x 25 on :50 Sculling drills
{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000 1x{1 x 200 on 2:50 3 strokes fly off walls-NB
{4 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
{2 x 200 on 2:50 3 strokes fly off walls-NB
{3 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
{3 x 200 on 2:50 3 strokes fly off walls-NB
{2 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
{4 x 200 on 2:50 3 strokes fly off walls-NB
{1 x 100 on 1:30 Alt 25fr br 5/25fl w/fr kick
200 1 x 200 on 3:00 Stroke Drills
6:30 PM 6,850 Yards - Stress Value = 122

Workout #23790 - Thursday, 30 May 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 12:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3
1,000	40 x 25 on :30 200 Back Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
1,000	40 x 25 on :35 200 Breast Pace	SP2
	1 on 10:00 Racing Skills-Underwater Racing	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
600	30 x 20 on :30 100 Fly Pace	SP2
	1 on 15:00 lon1 with Group 1	REC
	6:32 PM 3,575 Yards - Stress Value = 344	

350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:10 Free Kick w/board {2 x 50 on 1:15 Free Kick-100% {1 x 100 on 2:10 Free Kick w/board {2 x 50 on 1:15 Free Kick-100% {1 x 100 on 2:10 Free Kick w/board {2 x 50 on 1:15 Free Kick-100% 1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	26 x 25 on :35 USRPT-100 Free Pace 1 on 15:00 Racing Skills-TN Turn Drills
	7:30 PM 1,850 Yards - Stress Value = 83

Workout #23794 - Thursday, 30 May 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 2:15 Free Kick w/board {2 x 50 on 1:20 Free Kick-100% {1 x 100 on 2:15 Free Kick w/board {2 x 50 on 1:20 Free Kick-100% {1 x 100 on 2:15 Free Kick w/board {1 x 50 on 1:15 Free Kick-100% 1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	26 x 25 on :35 USRPT-100 Free Pace 1 on 15:00 Racing Skills-TN Turn Drills
	7:30 PM 1,800 Yards - Stress Value = 82

Workout #23795 - Thursday, 30 May 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:30 Free Kick w/board {2 x 50 on 1:30 Free Kick-100% {1 x 100 on 2:30 Free Kick w/board {2 x 50 on 1:30 Free Kick-100% {1 x 100 on 2:30 Free Kick w/board 1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
575	23 x 25 on :40 USRPT-100 Free Pace 1 on 15:00 Racing Skills-TN Turn Drills
	7:30 PM 1,625 Yards - Stress Value = 74

Workout #23792 - Thursday, 30 May 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:00 Free Kick w/board {2 x 50 on 1:10 Free Kick-100% {1 x 100 on 2:00 Free Kick w/board {2 x 50 on 1:10 Free Kick-100% {1 x 100 on 2:00 Free Kick w/board {3 x 50 on 1:05 Free Kick-100% 1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace 1 on 15:00 Racing Skills-TN Turn Drill
	7:30 PM 2,050 Yards - Stress Value = 94

Workout #23793 - Thursday, 30 May 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

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

Workout #23796 - Thursday, 30 May 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 7:00 Free 3KOW to 10 back to 3
450	10 x 15 on :45 Shooters
1x{	1 x 100 on 3:00 Free Kick w/board
	{1 x 50 on 2:00 Free Kick-100%
	{1 x 100 on 3:00 Free Kick w/board
	{1 x 50 on 2:00 Free Kick-100%
	{1 x 100 on 3:00 Free Kick w/board
	{1 x 50 on 1:00 Free Kick-100%
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drills
	7:30 PM 1,450 Yards - Stress Value = 65

Workout #23797 - Monday, 03 June 2019

Group 3 - Freestylers

1 minute rest between sets

5:30 AM Start

Yards	Set Description
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	All BSLR, min 15m underwater
1,500	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:30 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:45 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Kick best effort
1,200	6 x 200 on 2:35 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,600	1x{4 x 150 on 1:50 Freestyle
	{1 x 600 on 7:15 Freestyle
	{4 x 125 on 1:30 Freestyle
	{1 x 500 on 6:15 Freestyle
	{4 x 100 on 1:10 Freestyle
	{1 x 400 on 5:05 Freestyle
	{4 x 75 on :50 Freestyle
	{1 x 300 on 3:55 Freestyle
	Last 25 of each of the 4 alt between
	10 KOW +Exp BO and 6 beat kick
	300-600 SW 3KOW+HB 5SOW
	BH=5KOW+HB 3 SOW
200	1 x 200 on 3:00 Stroke Drills
	8:15 AM 7,450 Yards - Stress Value = 154

Workout #23798 - Monday, 03 June 2019

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Swim-kick-pull-swim
	10 x 15 on :45 Shooters
	All BSLR, min 15m underwater
1,500	1x{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:30 Kick best effort

	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:40 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:45 Kick best effort
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Kick best effort
1,100	1x{5 x 200 on 2:45 Pulls-no br L.12 yds
	{1 x 100 on 1:25 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,300	1x{4 x 150 on 2:05 Freestyle
	{1 x 600 on 7:40 Freestyle
	{4 x 125 on 1:40 Freestyle
	{1 x 500 on 6:35 Freestyle
	{4 x 100 on 1:15 Freestyle
	{1 x 400 on 5:20 Freestyle
	{4 x 75 on :55 Freestyle
	Last 25 of each of the 4 alt between
	10 KOW +Exp BO and 6 beat kick
	300-600 SW 3KOW+HB 5SOW
	BH=5KOW+HB 3 SOW
200	1 x 200 on 3:00 Stroke Drills
	8:15 AM 7,050 Yards - Stress Value = 148

Workout #23799 - Monday, 03 June 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
225	1 on 45:00 DS/Weights	REC
1,500	15 x 15 on :45 Racing Skills-Free Shooters	SP3
	30 x 50 on :50 200 Free Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
1,500	30 x 50 on :50 200 Back Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
1,500	30 x 50 on :50 200 Fly Pace*	SP2
	8:29 AM 6,225 Yards - Stress Value = 609	

Workout #23800 - Monday, 03 June 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
950	10 x 15 on :45 Shooters
	1x{1 x 250 on 4:40 Fly Kick w/board
	{5 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 200 on 3:40 Fly Kick w/board
	{3 x 50 on 1:05 Fly Kick w/board-100%
	{1 x 100 on 1:45 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 200 on 2:50 Butterfly
	{1 x 125 on 2:10 2-3-4-5-6 strokes off walls
	{1 x 200 on 2:55 Butterfly
	{2 x 125 on 2:05 2-3-4-5-6 strokes off walls
	{1 x 200 on 3:00 Butterfly
	{3 x 125 on 2:00 2-3-4-5-6 strokes off walls
	{1 x 200 on 3:05 Butterfly
	{1 x 50 on :50 Butterfly
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 4,400 Yards - Stress Value = 132

Workout #23801 - Monday, 03 June 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 250 on 5:00 Fly Kick w/board
 {5 x 50 on 1:05 Fly Kick w/board-100%
 {1 x 200 on 3:55 Fly Kick w/board
 {4 x 50 on 1:05 Fly Kick w/board-100%
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 200 on 3:10 Butterfly
 {1 x 125 on 2:20 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:15 Butterfly
 {2 x 125 on 2:15 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:20 Butterfly
 {3 x 125 on 2:10 2-3-4-5-6 strokes off walls
 {1 x 100 on 1:45 Butterfly
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,975 Yards - Stress Value = 115

Workout #23802 - Monday, 03 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{1 x 250 on 5:30 Fly Kick w/board
 {5 x 50 on 1:10 Fly Kick w/board-100%
 {1 x 200 on 4:20 Fly Kick w/board
 {2 x 50 on 1:10 Fly Kick w/board-100%
 {1 x 50 on 1:00 Fly Kick wboard-100%
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,275 1x{1 x 200 on 3:35 Butterfly
 {1 x 125 on 2:40 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:40 Butterfly
 {2 x 125 on 2:35 2-3-4-5-6 strokes off walls
 {1 x 200 on 3:45 Butterfly
 {2 x 125 on 2:30 2-3-4-5-6 strokes off walls
 {1 x 50 on 1:00 5-6 strokes off walls
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,700 Yards - Stress Value = 110

Workout #23803 - Monday, 03 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 250 on 5:50 Fly Kick w/board
 {5 x 50 on 1:10 Fly Kick w/board-100%
 {1 x 200 on 4:40 Fly Kick w/board
 {2 x 50 on 1:10 Fly Kick w/board-100%
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,175 1x{1 x 200 on 3:50 Butterfly
 {1 x 125 on 2:50 2-3-4-5-6 strokes off walls

{1 x 200 on 3:55 Butterfly
 {2 x 125 on 2:45 2-3-4-5-6 strokes off walls
 {1 x 200 on 4:00 Butterfly
 {2 x 100 on 2:05 3-4-5-6 strokes off walls
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,475 Yards - Stress Value = 100

Workout #23804 - Monday, 03 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{1 x 250 on 6:30 Fly Kick w/board
 {5 x 50 on 1:20 Fly Kick w/board-100%
 {1 x 200 on 5:10 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 975 1x{1 x 200 on 4:50 Butterfly
 {1 x 125 on 3:15 2-3-4-5-6 strokes off walls
 {1 x 200 on 4:55 Butterfly
 {2 x 125 on 3:10 2-3-4-5-6 strokes off walls
 {1 x 200 on 5:00 Butterfly
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,075 Yards - Stress Value = 89

Workout #23805 - Monday, 03 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 250 on 7:30 Fly Kick w/board
 {4 x 50 on 1:45 Fly Kick w/board-100%
 {1 x 150 on 4:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 875 1x{1 x 200 on 6:00 Butterfly
 {1 x 125 on 3:30 2-3-4-5-6 strokes off walls
 {1 x 200 on 6:00 Butterfly
 {2 x 125 on 3:30 2-3-4-5-6 strokes off walls
 {1 x 100 on 2:30 Butterfly
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,825 Yards - Stress Value = 85

Workout #23806 - Monday, 03 June 2019

Group 3 - Speed Acquisition

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 400 16 x 25 on 1:00 4 on each stroke-under water
 until you reach 12.5 yards-100% Effort
 400 8x{1 x 25 on :01 1/3 each of streamline kick
 { tarzan, no breath sprint rest/rest 5 second
 { 1 x 25 on 1:29 Kick no board BSLR
 175 7x{1 on 1:00 Vertical Kick
 { 1 x 25 on :01 12.5yds undr/Body Driven Free
 { 1 on 1:59 Sculling Drll Feet First
 200 1 x 200 on 3:00 Stroke Drills
 5:45 PM 1,925 Yards - Stress Value = 62

700 7 x 100 on 1:45 Kick-odds 100%
 800 1x{20 x 40 on 1:00 20Y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 20y flutter Kick BSLR-on surface
 200 4x{1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 5x{4 x 25 on :45 Bathtub Drill with fins
 { 1 x 100 on 1:25 Backstroke-7KOW
 { 1 x 100 on 1:20 Backstroke-5KOW
 { 1 x 100 on 1:15 Backstroke-3KOW
 { 1 x 50 on 1:30 Freestyle
 { 1 x 50 on 2:00 Back-100%, min 8 KOW
 250 1 x 250 on 4:00 Stroke Drills
 8:15 AM 5,200 Yards - Stress Value = 83

Workout #23807 - Monday, 03 June 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 11:00 DS/Showes REC
 225 15 x 15 on :45 Racing Skills-IM Shooters SP3
 150 6 x 25 on 3:00 50 Your Choice-Pace SP2
 1 on 5:00 Foam Roll/Rllr.Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Back Pace* SP2
 1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Fly Pace* SP2
 1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball REC
 400 20 x 20 on :30 100 Free Pace* SP2
 5:45 PM 1,575 Yards - Stress Value = 144

Workout #23810 - Tuesday, 04 June 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description E
 =====
 1 on 45:00 DS/Weights/Shower F
 225 15 x 15 on :45 Racing Skills-Back Shooters S
 750 30 x 25 on :30 100 Free Pace S
 1 on 8:00 Video Evaluations 1+/1- F
 750 30 x 25 on :30 100 Breast Pace S
 1 on 13:00 Racing Skills-underwater racing F
 750 30 x 25 on :30 100 Back Pace S
 1 on 13:00 Racing Skills-Trophy Starts F
 750 30 x 25 on :30 100 Fly Pace S
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck E
 { 1 on :30 Rest F
 { 6 x 15 on :20 Undr Wtr Fly Kck E
 { 1 on :30 Rest F
 { 4 x 15 on :15 Undr Wtr Fly Kck E
 { 1 on :30 Rest F
 { 2 x 15 on :10 Undr Wtr Fly Kck E
 8:15 AM 3,525 Yards - Stress Value = 315

Workout #23808 - Tuesday, 04 June 2019

Group 3 - Back

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Shower
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 800 8 x 100 on 1:35 Kick-odds 100%
 800 1x{20 x 40 on 1:00 20Y BSLR underwater
 { Vertical Kick (Fr) for 20 kIcks
 { 20y flutter Kick BSLR-on surface
 200 4x{1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,750 5x{4 x 25 on :45 Bathtub Drill with fins
 { 1 x 100 on 1:20 Backstroke-7KOW
 { 1 x 100 on 1:15 Backstroke-5KOW
 { 1 x 100 on 1:10 Backstroke-3KOW
 { 1 x 100 on 1:45 Freestyle
 { 1 x 50 on 2:00 Back-100%, min 8 KOW
 250 1 x 250 on 4:00 Stroke Drills
 8:15 AM 5,550 Yards - Stress Value = 85

Workout #23811 - Tuesday, 04 June 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 150 on 2:50 Breast Kick w/board
 { 4 x 25 on :30 Sprint Free Kick w/board
 { 2 x 150 on 2:45 Breast Kick w/board
 { 4 x 25 on :30 Sprint Free Kick w/board
 { 3 x 100 on 1:45 Breast Kick w/board
 { 2 x 25 on :30 Sprint Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 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
 { 2 x 125 on 2:05 Breaststroke
 625 25 x 25 on :35 USRPT 100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts w/PO
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,125 Yards - Stress Value = 117

Workout #23809 - Tuesday, 04 June 2019

Group 3 - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Shower
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters

Workout #23812 - Tuesday, 04 June 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
900	1x{1 x 150 on 3:00 Breast Kick w/board {4 x 25 on :35 Sprint Free Kick w/board {2 x 150 on 2:55 Breast Kick w/board {4 x 25 on :35 Sprint Free Kick w/board {1 x 150 on 2:50 Breast Kick w/board {4 x 25 on :35 Sprint Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	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 {1 x 100 on 1:50 Breaststroke
625	25 x 25 on :35 USRPT 100 Breast Pace 1 on 10:00 Racing Skills-Breast Starts w/PO
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,825 Yards - Stress Value = 112

Workout #23813 - Tuesday, 04 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
800	1x{1 x 150 on 3:25 Breast Kick w/board {4 x 25 on :40 Sprint Free Kick w/board {2 x 150 on 3:20 Breast Kick w/board {4 x 25 on :40 Sprint Free Kick w/board {1 x 100 on 2:10 Breast Kick w/board {2 x 25 on :40 Sprint Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	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 50 on 1:15 Breast Pull
550	22 x 25 on :40 USRPT 100 Breast Pace 1 on 10:00 Racing Skills-Breast Starts w/PO
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,450 Yards - Stress Value = 100

Workout #23814 - Tuesday, 04 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	1x{1 x 150 on 3:35 Breast Kick w/board {4 x 25 on :40 Sprint Free Kick w/board {2 x 150 on 3:30 Breast Kick w/board {4 x 25 on :40 Sprint Free Kick w/board {1 x 50 on 1:10 Breast Kick w/board {2 x 25 on :40 Sprint Free Kick w/board

150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	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 {3 x 100 on 2:10 Breaststroke 1 on 10:00 Racing Skills-Breast Starts w/PO
200	1 x 200 on 4:00 Stroke Drills
	7:14 PM 2,750 Yards - Stress Value = 41

Workout #23815 - Tuesday, 04 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{1 x 150 on 4:00 Breast Kick w/board {4 x 25 on :45 Sprint Free Kick w/board {2 x 100 on 2:40 Breast Kick w/board {2 x 25 on :45 Sprint Free Kick w/board {2 x 100 on 2:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{4 x 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 {3 x 100 on 2:30 Breaststroke {1 x 50 on 1:30 Breast Pull
500	20 x 25 on :45 USRPT 100 Breast Pace 1 on 10:00 Racing Skills-Breast Starts w/PO
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,050 Yards - Stress Value = 89

Workout #23816 - Tuesday, 04 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
625	1x{1 x 150 on 4:30 Breast Kick w/board {4 x 25 on :45 Sprint Free Kick w/board {2 x 100 on 3:00 Breast Kick w/board {2 x 25 on :45 Sprint Free Kick w/board {1 x 125 on 3:45 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{4 x 50 on 1:20 Breaststroke {1 x 50 on 2:00 Breast Pull {4 x 75 on 2:05 Breaststroke {1 x 50 on 2:00 Breast Pull {2 x 100 on 2:50 Breaststroke {1 x 50 on 1:30 Breast Pull
475	19 x 25 on :45 USRPT 100 Breast Pace 1 on 10:00 Racing Skills-Breast Starts w/PO
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 83

Workout #23817 - Tuesday, 04 June 2019

Group 3 - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STP
1	on 15:00 DS/Showers	REC	L	DRY
400	1 x 400 on 5:00 Choice	REC	D	CHC
150	10 x 15 on :45 Shooters	SP3	S	FF
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	S	FF
If you miss your pace, next repeat is recovery next is 50ez 50 pace				
120	6 x 20 on 3:00 Timed Underwaters-B	SP2	K	FLY
5:47 PM 3,670 Yards - Stress Value = 318				

Workout #23818 - Tuesday, 04 June 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WOF
1	on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
1	on 5:00 Video Evaluations 1+/1-	REC	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
120	6 x 20 on 3:00 Timed Underwaters-B	SP2	
5:47 PM 3,345 Yards - Stress Value = 321			

Workout #23819 - Wednesday, 05 June 2019

Group 3 - Breast

1 minute rest between sets

5:30 AM Start

Yards	Set Description
1	on 45:00 DS/Weights/Shower
500	20 x 25 on :30 Wednesday Warm-ups
150	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time
1,950	1x{2 x 100 on 2:05 Kick 2 weakest kicks {5 x 50 on :45 Kick {2 x 100 on 2:00 Kick 2 weakest kicks {4 x 50 on :45 Kick {2 x 100 on 1:55 Kick 2 weakest kicks {3 x 50 on :45 Kick {2 x 100 on 1:50 Kick 2 weakest kicks {2 x 50 on :45 Kick {2 x 100 on 1:45 Kick 2 weakest kicks {1 x 50 on :45 Kick {2 x 100 on 1:40 Kick 2 weakest kicks
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	1x{6 x 100 on 1:25 Breaststroke {1 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {5 x 100 on 1:25 Breaststroke {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {4 x 100 on 1:25 Breaststroke {3 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {3 x 100 on 1:25 Breaststroke {4 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {2 x 100 on 1:25 Breaststroke {5 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {1 x 100 on 1:25 Breaststroke
500	10 x 50 on 1:00 Stroke Drills
8:16 AM 6,100 Yards - Stress Value = 114	

Workout #23820 - Wednesday, 05 June 2019

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
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Yards	Set Description
1	on 45:00 DS/Weights/Shower
500	20 x 25 on :30 Wednesday Warm-ups
150	10 x 15 on :45 Shooters
100	1 x 100 on 2:00 Kick for time
1,950	1x{2 x 100 on 2:05 Kick 2 weakest kicks {5 x 50 on :45 Kick {2 x 100 on 2:00 Kick 2 weakest kicks {4 x 50 on :45 Kick {2 x 100 on 1:55 Kick 2 weakest kicks {3 x 50 on :45 Kick {2 x 100 on 1:50 Kick 2 weakest kicks {2 x 50 on :45 Kick {2 x 100 on 1:45 Kick 2 weakest kicks {1 x 50 on :45 Kick {2 x 100 on 1:40 Kick 2 weakest kicks
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,700	1x{6 x 100 on 1:35 Breaststroke {1 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {5 x 100 on 1:35 Breaststroke {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {4 x 100 on 1:35 Breaststroke {3 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {3 x 100 on 1:35 Breaststroke {4 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {2 x 100 on 1:35 Breaststroke {5 x 40 on 1:00 20BR w/fly kick/20 Free Sprir {1 x 100 on 1:35 Breaststroke
300	6 x 50 on 1:00 Stroke Drills
8:16 AM 5,900 Yards - Stress Value = 114	

Workout #23821 - Wednesday, 05 June 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
1	on 45:00 DS/Weights/Shower
225	15 x 15 on :45 Racing Skills-Crossover Turns
800	8 x 100 on 2:00 Kick on fastest interval breast kick unless injured, no board,
1,500	1x{10 x 50 on :55 200 IM Pace {1 on 1:00 Rest {10 x 50 on :55 200 IM Pace {1 on 1:00 Rest {10 x 50 on :55 200 IM Pace 1 on 15:00 Video Evaluations 1+/1- for each After evals, your choice of active recovery
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace 1 on 15:00 Sculling Drill/Relay
8:15 AM 4,025 Yards - Stress Value = 325	

Workout #23822 - Wednesday, 05 June 2019

Group 2 - IM'ers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,200	1x{8 x 25 on :30 Free Sprint Kick w/board
	{1 x 200 on 3:50 Fly Kick w/board
	{8 x 25 on :30 Free Sprint Kick w/board
	{2 x 100 on 1:55 Streamline Kick on Back
	{8 x 25 on :30 Free Sprint Kick w/board
	{4 x 50 on :55 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{2 x 100 on 1:40 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
	{2 x 100 on 1:35 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
	{2 x 100 on 1:30 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
	{2 x 100 on 1:25 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
	{2 x 100 on 1:30 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
	{2 x 100 on 1:35 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,700 Yards - Stress Value = 131

Workout #23823 - Wednesday, 05 June 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,100	1x{4 x 25 on :35 Free Sprint Kick w/board
	{1 x 200 on 4:00 Fly Kick w/board
	{4 x 25 on :35 Free Sprint Kick w/board
	{2 x 100 on 2:05 Streamline Kick on Back
	{6 x 25 on :35 Free Sprint Kick w/board
	{4 x 50 on 1:00 Breast Kick w/board
	{6 x 25 on :35 Free Sprint Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,650	1x{2 x 100 on 1:50 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{2 x 100 on 1:45 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{1 x 100 on 1:40 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{1 x 100 on 1:30 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on :55 Freestyle
	{1 x 100 on 1:35 Individual Medley
	{1 x 50 on :45 Freestyle

	{1 x 50 on :55 Freestyle
	{2 x 100 on 1:40 Individual Medley
	{1 x 50 on :45 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,375 Yards - Stress Value = 126

Workout #23824 - Wednesday, 05 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :40 Free Sprint Kick w/board
	{1 x 200 on 4:20 Fly Kick w/board
	{4 x 25 on :40 Free Sprint Kick w/board
	{2 x 100 on 2:15 Streamline Kick on Back
	{4 x 25 on :40 Free Sprint Kick w/board
	{4 x 50 on 1:05 Breast Kick w/board
	{4 x 25 on :40 Free Sprint Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	1x{2 x 100 on 2:05 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 100 on 2:00 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 100 on 1:55 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 100 on 1:50 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:00 Freestyle
	{1 x 100 on 1:55 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on :50 Freestyle
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,900 Yards - Stress Value = 108

Workout #23825 - Wednesday, 05 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :40 Free Sprint Kick w/board
	{1 x 200 on 4:40 Fly Kick w/board
	{4 x 25 on :40 Free Sprint Kick w/board
	{2 x 100 on 2:25 Streamline Kick on Back
	{4 x 25 on :40 Free Sprint Kick w/board
	{4 x 50 on 1:10 Breast Kick w/board
	{2 x 25 on :40 Free Sprint Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,350	1x{1 x 100 on 2:15 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 2:10 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 2:05 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 2:00 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 1:55 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:05 Freestyle
	{1 x 100 on 2:05 Individual Medley
	{1 x 50 on :55 Freestyle
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,750 Yards - Stress Value = 106

Workout #23826 - Wednesday, 05 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :45 Free Sprint Kick w/board
	{1 x 200 on 5:30 Fly Kick w/board
	{4 x 25 on :45 Free Sprint Kick w/board
	{2 x 100 on 3:00 Streamline Kick on Back
	{4 x 25 on :45 Free Sprint Kick w/board
	{2 x 50 on 1:20 Breast Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 100 on 2:30 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:25 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:20 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:15 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	{1 x 100 on 2:20 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle

{1 x 100 on 2:25 Individual Medley

{1 x 50 on 1:00 Freestyle

{1 x 50 on 1:15 Freestyle

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

200 1 x 200 on 4:00 Stroke Drills

7:30 PM 3,350 Yards - Stress Value = 93

Workout #23827 - Wednesday, 05 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
625	1x{4 x 25 on 1:00 Free Sprint Kick w/board
	{1 x 100 on 3:30 Fly Kick w/board
	{4 x 25 on 1:00 Free Sprint Kick w/board
	{1 x 100 on 3:30 Streamline Kick on Back
	{4 x 25 on 1:00 Free Sprint Kick w/board
	{2 x 50 on 1:45 Breast Kick w/board
	{1 x 25 on 1:00 Free Sprint 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 100 on 3:00 Individual Medley
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 100 on 2:55 Individual Medley
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 100 on 2:50 Individual Medley
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 100 on 2:45 Individual Medley
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:30 Freestyle
	{1 x 100 on 2:50 Individual Medley
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:00 Freestyle
475	19 x 25 on :45 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,900 Yards - Stress Value = 79

Workout #23828 - Thursday, 06 June 2019

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
600	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Underwater trn drill Odd 100' free even 100's back
150	10 x 15 on :45 Shooters
900	1x{3 x 100 on 1:30 Fly 3 strokes off each wall 3 x 100 on 1:25 Fly 3 strokes off each wall 3 x 100 on 1:20 Fly 3 strokes off each wall
1,100	1x{2 x 125 on 2:10 25 tombstone kick 100 free ki 3 x 100 on 1:45 25 tombstone kick 75 free ki 4 x 75 on 1:20 25 tombstone kick 50 free kic 5 x 50 on :55 25 tombstone kick 25 free kick
150	3x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{3 x 100 on 1:30 Fly 4 strokes off each wall 3 x 100 on 1:25 Fly 4 strokes off each wall 3 x 100 on 1:20 Fly 4 strokes off each wall
1,200	1x{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds 3 x 50 on :35 Pulls 2 x 125 on 1:45 Pulls-nbbf&w + 2 yds 3 x 50 on :35 Pulls 3 x 125 on 1:45 Pulls-nbbf&w + 2 yds 3 x 50 on :35 Pulls
150	3x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
900	1x{3 x 100 on 1:30 Fly 5 strokes off each wall 3 x 100 on 1:25 Fly 5 strokes off each wall 3 x 100 on 1:20 Fly 5 strokes off each wall
400	8 x 50 on 1:00 Stroke Drills
8:15 AM 6,450 Yards - Stress Value = 102	

Workout #23829 - Thursday, 06 June 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
600	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Underwater trn drill Odd 100' free even 100's back
150	10 x 15 on :45 Shooters
800	1x{3 x 100 on 1:35 Fly 3 strokes off each wall 3 x 100 on 1:30 Fly 3 strokes off each wall 2 x 100 on 1:25 Fly 3 strokes off each wall
1,100	1x{2 x 125 on 2:10 25 tombstone kick 100 free ki 3 x 100 on 1:45 25 tombstone kick 75 free ki 4 x 75 on 1:20 25 tombstone kick 50 free kic 5 x 50 on :55 25 tombstone kick 25 free kick
150	3x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{3 x 100 on 1:35 Fly 4 strokes off each wall 3 x 100 on 1:30 Fly 4 strokes off each wall 2 x 100 on 1:25 Fly 4 strokes off each wall
1,100	1x{1 x 125 on 1:50 Pulls-nbbf&w + 2 yds 3 x 50 on :40 Pulls 2 x 125 on 1:50 Pulls-nbbf&w + 2 yds 3 x 50 on :40 Pulls 3 x 125 on 1:50 Pulls-nbbf&w + 2 yds 1 x 50 on :40 Pulls
150	3x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
800	1x{3 x 100 on 1:35 Fly 5 strokes off each wall 3 x 100 on 1:30 Fly 5 strokes off each wall 2 x 100 on 1:25 Fly 5 strokes off each wall
400	8 x 50 on 1:00 Stroke Drills
8:15 AM 6,050 Yards - Stress Value = 94	

Workout #23830 - Thursday, 06 June 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
5:30 AM Start	
225	1 on 45:00 DS/Weights
1,500	15 x 15 on :45 Racing Skills-Breast Shooters
1,500	30 x 50 on :55 200 Breast Pace*
1,500	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :50 200 Free Pace*
1,500	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :50 200 Fly Pace*
1,500	1 on 5:00 Your Choice Recovery
1,500	30 x 50 on :50 200 Back Pace*
8:29 AM 6,225 Yards - Stress Value = 609	

Workout #23831 - Thursday, 06 June 2019

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
600	1 on 35:00 DS/Showers
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
950	10 x 15 on :45 Shooters
950	1x{6 x 25 on :30 Kick no board B-10KOW+1 5 x 50 on 1:00 Kick-alt strmlne/hands by si 6 x 25 on :30 Kick no board B-10KOW+1 4 x 50 on :55 Kick-alt strmlne/hands by sic 6 x 25 on :30 Kick no board B-10KOW+1 1 x 50 on 1:00 Kick-hands by side
100	1 on 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,750 Yards - Stress Value = 100	

Workout #23832 - Thursday, 06 June 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
550	1 on 35:00 DS/Showers
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
850	10 x 15 on :45 Shooters
850	1x{4 x 25 on :35 Kick no board B-10KOW+1 5 x 50 on 1:05 Kick-alt strmlne/hands by si 4 x 25 on :35 Kick no board B-10KOW+1 4 x 50 on 1:00 Kick-alt strmlne/hands by si 4 x 25 on :35 Kick no board B-10KOW+1 2 x 50 on :55 Kick-alt strmlne/hands by sic
100	1 on 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,600 Yards - Stress Value = 98	

Workout #23833 - Thursday, 06 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Showers
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board B-10KOW+1 {5 x 50 on 1:15 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:10 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 1 on 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,325 Yards - Stress Value = 83	

Workout #23834 - Thursday, 06 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
450	1 on 35:00 DS/Showers
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
725	1x{4 x 25 on :40 Kick no board B-10KOW+1 {5 x 50 on 1:20 Kick-alt strmlne/hands by si {4 x 25 on :40 Kick no board B-10KOW+1 {4 x 50 on 1:15 Kick-alt strmlne/hands by si {3 x 25 on :40 Kick no board B-10KOW+1 1 on 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,175 Yards - Stress Value = 76	

Workout #23835 - Thursday, 06 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Showers
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board B-10KOW+1 {4 x 50 on 1:35 Kick-alt strmlne/hands by si {4 x 25 on :45 Kick no board B-10KOW+1 {3 x 50 on 1:30 Kick-alt strmlne/hands by si {2 x 25 on :45 Kick no board B-10KOW+1 1 on 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 1,950 Yards - Stress Value = 68	

Workout #23836 - Thursday, 06 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Showers
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on 1:00 Kick no board B-10KOW+1 {2 x 50 on 2:00 Kick-alt strmlne/hands by si {4 x 25 on 1:00 Kick no board B-10KOW+1 {2 x 50 on 1:55 Kick-alt strmlne/hands by si {1 x 50 on 1:50 Kick-alt strmlne/hands by si 1 on 26:00 Teach Day-Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 1,750 Yards - Stress Value = 65	

Workout #23837 - Thursday, 06 June 2019

Group 3 - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STF
400	1 on 15:00 DS/Showers	REC	L	DRY
150	1 x 400 on 5:00 Choice	REC	D	CHC
150	10 x 15 on :45 Shooters	SP3	S	FF
2,250	30 x 75 on 1:05 500 Free Pace If you miss your pace, next repeat is recovery next is 50ez 50 pace	SP2	S	FF
160	8 x 20 on 3:00 Timed Underwaters-S	SP2	K	FLY
5:43 PM 2,960 Yards - Stress Value = 247				

Workout #23838 - Thursday, 06 June 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WOF
225	1 on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
2,250	1 on 5:00 Video Evaluations	REC	
180	30 x 75 on 1:05 500 Free Pace	SP2	
180	9 x 20 on 3:00 Timed Underwaters-S	SP2	
5:46 PM 2,655 Yards - Stress Value = 252			

Workout #23839 - Friday, 07 June 2019

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description
600	1 on 25:00 DS/Ted's Abs/Showes
150	1 x 600 on 10:00 Reverse IM drill
3,300	10 x 15 on :45 Shooters
	1x{1 x 100 on 1:15 Individual Medley
	{6 x 75 on 1:05 Fly-25L 25R 25 B
	{2 x 100 on 1:15 Individual Medley
	{6 x 75 on 1:05 Back 25L 25R 25B
	{3 x 100 on 1:15 Individual Medley
	{6 x 75 on 1:10 Brst 25FlK 25FrK 25Rk
	{4 x 100 on 1:15 Individual Medley
	{6 x 75 on 1:00 Fr 25sclsdfst25dps25reg
	{5 x 100 on 1:10 IM w50 of your #1-no breast
1,300	1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds
	{2 x 175 on 2:20 Pulls-nbbf&w + 2 yds
	{2 x 150 on 2:00 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
2,100	1x{6 x 25 on :30 Kick no board B
	{1 x 200 on 3:00 Kick
	{6 x 25 on :30 Kick no board S
	{2 x 175 on 2:40 Kick
	{6 x 25 on :30 Kick no board L
	{3 x 150 on 2:15 Kick
	{6 x 25 on :30 Kick no board R
	{4 x 125 on 1:50 Kick
250	1 x 250 on 4:00 Stroke Drills
	8:00 AM 7,700 Yards - Stress Value = 127

Workout #23840 - Friday, 07 June 2019

Group 3 - Gold

1 minute rest between sets

5:30 AM Start

Yards	Set Description
600	1 on 25:00 DS/Ted's Abs/Showers
150	1 x 600 on 10:00 Reverse IM drill
3,025	10 x 15 on :45 Shooters
	1x{1 x 100 on 1:20 Individual Medley
	{6 x 75 on 1:10 Fly-25L 25R 25 B
	{2 x 100 on 1:20 Individual Medley
	{6 x 75 on 1:10 Back 25L 25R 25B
	{3 x 100 on 1:20 Individual Medley
	{6 x 75 on 1:15 Brst 25FlK 25FrK 25Rk
	{4 x 100 on 1:20 Individual Medley
	{5 x 75 on 1:05 Fr 25sclsdfst25dps25reg
	{3 x 100 on 1:15 IM w50 of your #1-no breast
1,300	1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds
	{2 x 175 on 2:20 Pulls-nbbf&w + 2 yds
	{2 x 150 on 2:00 Pulls-nbbf&w + 2 yds
	{2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
2,100	1x{6 x 25 on :30 Kick no board B
	{1 x 200 on 3:00 Kick
	{6 x 25 on :30 Kick no board S
	{2 x 175 on 2:40 Kick
	{6 x 25 on :30 Kick no board L
	{3 x 150 on 2:15 Kick
	{6 x 25 on :30 Kick no board R
	{4 x 125 on 1:50 Kick
250	1 x 250 on 4:00 Stroke Drills
	7:59 AM 7,425 Yards - Stress Value = 122

Workout #23841 - Friday, 07 June 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

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

1 on 25:00 DS/Ted's Abs/Showers	RF
225 15 x 15 on :45 Racing Skills-Fly Shooters	SF
750 30 x 25 on :30 100 Breast Pace	SF
750 1 on 8:00 Video Evaluations 1+/1-	RF
30 x 25 on :30 100 Free Pace	SF
750 1 on 13:00 Racing Skills-Fly Kick Relay	RF
30 x 25 on :30 100 Fly Pace	SF
750 1 on 13:00 Racing Skills-Relay Starts	RF
30 x 25 on :30 100 Back Pace	SF
750 1 on 5:00 Video Evaluations 1+/1-	RF
300 1x{8 x 15 on :25 Undr Wtr Fly Kck	EN
{1 on :30 Rest	RF
{6 x 15 on :20 Undr Wtr Fly Kck	EN
{1 on :30 Rest	RF
{4 x 15 on :15 Undr Wtr Fly Kck	EN
{1 on :30 Rest	RF
{2 x 15 on :10 Undr Wtr Fly Kck	EN
8:00 AM 3,525 Yards - Stress Value = 315	

Workout #23842 - Friday, 07 June 2019

Group 3 - Speed Acquisition

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Shower
690	3x{1 x 150 on 2:15 2:15swim 25dr25bl-mix of str
	{1 on :15 Get to a side wall
	{4 x 20 on :40 Undr Wtr Fly Kck
150	10 x 15 on :45 Shooters-Crossover Turns
750	15 x 50 on 1:00 Kick-100% 1-5 #3, 6-10 #2
	11-15 #1
2,100	1x{6 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{5 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{4 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{3 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{2 x 100 on 1:10 Freestyle
	{1 on 1:00 Rest
	{1 x 100 on 1:10 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	5:46 PM 3,890 Yards - Stress Value = 68

Workout #23843 - Friday, 07 June 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

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

Workout #23841 - Friday, 07 June 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

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

Workout #23844 - Friday, 07 June 2019

1 minute rest between sets

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 37:00 DS/Dryland	REC	L DRY	
150	4 x 125 on 2:15 SwimUSS	REC	D FR	
500	10 x 15 on :45 Shooters	SP3	S FR	
1,700	1x{5 x 100 on 1:15 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{5 x 100 on 1:15 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:15 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:15 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:15 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:15 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
6:30 PM	2,850 Yards - Stress Value = 46			

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 37:00 DS/Dryland	REC	L DRY	
150	4 x 100 on 2:15 SwimUSS	REC	D FR	
1,700	1x{2 x 100 on 1:30 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{5 x 100 on 1:30 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:30 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:30 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:30 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:30 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
6:31 PM	2,450 Yards - Stress Value = 40			

Workout #23848 - Friday, 07 June 2019

Group 2 - Silver

1 minute rest between sets

Workout #23845 - Friday, 07 June 2019

Group 2 - Platinum-Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 37:00 DS/Dryland	REC	L DRY	
150	4 x 125 on 2:15 SwimUSS	REC	D FR	
500	10 x 15 on :45 Shooters	SP3	S FR	
1,900	1x{4 x 100 on 1:20 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{5 x 100 on 1:20 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:20 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:20 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:20 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:20 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
6:31 PM	2,750 Yards - Stress Value = 44			

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 37:00 DS/Dryland	REC	L DRY	
150	4 x 100 on 2:15 SwimUSS	REC	D FR	
1,600	1x{1 x 100 on 1:35 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{5 x 100 on 1:35 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:35 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:35 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:35 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:35 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
6:31 PM	2,350 Yards - Stress Value = 38			

Workout #23849 - Friday, 07 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #23846 - Friday, 07 June 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 37:00 DS/Dryland	REC	L DRY	
150	4 x 100 on 2:15 SwimUSS	REC	D FR	
500	10 x 15 on :45 Shooters	SP3	S FR	
1,700	1x{2 x 100 on 1:25 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{5 x 100 on 1:25 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:25 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:25 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:25 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:25 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
6:30 PM	2,550 Yards - Stress Value = 40			

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 37:00 DS/Dryland	REC	L DRY	
150	4 x 100 on 2:15 SwimUSS	REC	D FR	
1,500	1x{5 x 100 on 1:40 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:40 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:40 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:40 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:40 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
6:29 PM	2,250 Yards - Stress Value = 36			

Workout #23847 - Friday, 07 June 2019

Group 2 - Gold/Silver

Workout #23850 - Friday, 07 June 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
300	1 on 37:00 DS/Dryland	REC	L DRY	
150	4 x 75 on 2:15 SwimUSS	REC	D FR	
1,400	10 x 15 on :45 Shooters	SP3	S FR	
	1x{4 x 100 on 1:50 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:50 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 1:50 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:50 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 1:50 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
6:30 PM 2,050 Yards - Stress Value = 34				

1,800	1x{6 x 25 on :30 Kick no board B			
	{2 x 150 on 2:25 Kick			
	{6 x 25 on :30 Kick no board S			
	{2 x 150 on 2:20 Kick			
	{6 x 25 on :30 Kick no board L			
	{2 x 150 on 2:15 Kick			
	{6 x 25 on :30 Kick no board R			
	{2 x 150 on 2:10 Kick			
1,500	1x{1 x 500 on 6:15 Pulls-no br L.12 yds			
	{1 x 400 on 5:00 Pulls-no br L.14 yds			
	{1 x 300 on 3:45 Pulls-no br L.16 yds			
	{1 x 200 on 2:30 Pulls-no br L.18 yds			
	{1 x 100 on 1:15 Pulls-no br L.20 yds			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
2,700	18 x 150 on 2:00 Freestyle-Descend			
	HB 3 SOW-EVERY SINGLE Wall			
250	1 x 250 on 4:00 Stroke Drills			
8:15 AM 7,200 Yards - Stress Value = 128				

Workout #23854 - Monday, 10 June 2019

Group 3 - Gold

1 minute rest between sets

Workout #23851 - Friday, 07 June 2019

Group 2 - Bronze/Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
300	1 on 37:00 DS/Dryland	REC	L DRY	
150	4 x 75 on 2:15 SwimUSS	REC	D FR	
1,400	10 x 15 on :45 Shooters	SP3	S FR	
	1x{5 x 100 on 2:00 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 2:00 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 2:00 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 2:00 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
6:31 PM 2,050 Yards - Stress Value = 34				

Yards	Set Description	EGY
5:30 AM Start		
600	1 on 45:00 DS/Weights	
150	1 x 600 on 10:00 Swim-kick-pull-swim	
1,800	10 x 15 on :45 Shooters	
	1x{6 x 25 on :30 Kick no board B	
	{2 x 150 on 2:25 Kick	
	{6 x 25 on :30 Kick no board S	
	{2 x 150 on 2:20 Kick	
	{6 x 25 on :30 Kick no board L	
	{2 x 150 on 2:15 Kick	
	{6 x 25 on :30 Kick no board R	
	{2 x 150 on 2:10 Kick	
1,400	1x{1 x 500 on 6:40 Pulls-no br L.12 yds	
	{1 x 400 on 5:20 Pulls-no br L.14 yds	
	{1 x 300 on 4:00 Pulls-no br L.16 yds	
	{1 x 200 on 2:40 Pulls-no br L.18 yds	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,550	17 x 150 on 2:10 Freestyle-Descend	
	HB 3 SOW-EVERY SINGLE Wall	
250	1 x 250 on 4:00 Stroke Drills	
8:16 AM 6,950 Yards - Stress Value = 123		

Workout #23852 - Friday, 07 June 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM Start				
300	1 on 37:00 DS/Dryland	REC	L DRY	
150	4 x 75 on 2:15 SwimUSS	REC	D FR	
1,050	10 x 15 on :45 Shooters	SP3	S FR	
	1x{1 x 100 on 2:30 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 2:30 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 2:30 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 2:30 Freestyle	EN2	S FR	
	{1 on 1:00 Rest	REC	M	
	{1 x 50 on 1:15 Freestyle	EN2	S FR	
200	1 x 200 on 3:00 Stroke Drills	REC	D CD	
6:31 PM 1,700 Yards - Stress Value = 27				

Workout #23855 - Monday, 10 June 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
5:30 AM Start		
	1 on 45:00 DS/Weights/Shower	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :50 200 Free Pace*	SP2
*only if necessary for time		
8:29 AM 6,225 Yards - Stress Value = 609		

Workout #23853 - Monday, 10 June 2019

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description
5:30 AM Start	
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters

Workout #23856 - Monday, 10 June 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,600 1x{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%
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 4,300 Yards - Stress Value = 129

Workout #23857 - Monday, 10 June 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,450 1x{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%
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 4,100 Yards - Stress Value = 123

Workout #23858 - Monday, 10 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 3:30 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%
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,775 Yards - Stress Value = 121

Workout #23859 - Monday, 10 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:00 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,100 1x{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%
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,425 Yards - Stress Value = 108

Workout #23860 - Monday, 10 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 950 1x{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%
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,950 Yards - Stress Value = 91

Workout #23861 - Monday, 10 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{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%
475	19 x 25 on :45 USRPT-100 Free Pace 1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,650 Yards - Stress Value = 78

Workout #23862 - Monday, 10 June 2019

Group 3 - Speed Acquisition

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
400	16 x 25 on 1:00 4 on each stroke-under water until you reach 12.5 yds
2,000	1x{4 x 25 on :30 Freestyle-BC {1 x 100 on 1:30 Free 5 strokes fast {1 x 100 on 1:30 Free 10 strokes fast {1 x 100 on 1:30 Free 15 strokes fast {4 x 25 on :30 Freestyle-BC {1 x 100 on 1:30 Free 20 strokes fast {1 x 100 on 1:30 Free 25 strokes fast {1 x 100 on 1:30 Free 30 strokes fast {4 x 25 on :30 Freestyle-BC {1 x 100 on 1:30 Free 35 strokes fast {1 x 100 on 1:30 Free 40 strokes fast {1 x 100 on 1:30 Free -35 strokes fast {4 x 25 on :30 Freestyle-BC {1 x 100 on 1:30 Free-30 strokes fast {1 x 100 on 1:30 Free-25 strokes fast {1 x 100 on 1:30 Free-20 strokes fast {4 x 25 on :30 Freestyle-BC {1 x 100 on 1:30 Free 15 strokes fast {1 x 100 on 1:30 Free 10 strokes fast {1 x 100 on 1:30 Free 5 strokes fast
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 3,400 Yards - Stress Value = 86

Workout #23863 - Monday, 10 June 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 11:00 DS/Showes	REC
225	15 x 15 on :45 Racing Skills-IM Shooters	SP3
150	6 x 25 on 3:00 50 Fly Pace	SP2
	1 on 5:00 Foam Roll/Rllr.Stick/Lacrss Ball	REC

400	20 x 20 on :30 100 Back Pace*	SP2
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Fly Pace*	SP2
	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC
400	20 x 20 on :30 100 Free Pace*	SP2
	5:45 PM 1,575 Yards - Stress Value = 144	

Workout #23864 - Tuesday, 11 June 2019

Group 3 - Back

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
800	8 x 100 on 1:45 Kick-Fastest Possible Avg.
560	1x{ Alt 20 Tombstone Kick 15m underwater to GBC {2 x 40 on 1:00 Kick {2 x 40 on :55 Kick {2 x 40 on :50 Kick {2 x 40 on :45 Kick {2 x 40 on :40 Kick {2 x 40 on :35 Kick {2 x 40 on :30 Kick
1,900	1x{1 x 250 on 3:10 Pulls BTB {5 x 50 on :45 Pull 7/6/5/4 breaths {1 x 250 on 3:10 Pulls BTS {5 x 50 on :45 Pull 7/6/5/4 breaths {1 x 200 on 2:25 Pulls BTS {5 x 50 on :45 Pull 7/6/5/4 breaths {1 x 200 on 2:25 Pulls BTS {5 x 50 on :45 Pull 7/6/5/4 breaths
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{4 x 125 on 2:00 Backstroke {1 on 1:00 Rest {4 x 125 on 1:55 Backstroke {1 on 1:00 Rest {4 x 125 on 1:50 Backstroke {1 on 1:00 Rest {4 x 125 on 1:45 Backstroke
250	1 x 250 on 4:00 Stroke Drills
	8:15 AM 6,460 Yards - Stress Value = 196

Workout #23865 - Tuesday, 11 June 2019

Group 3 - Gold

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 600 1 on 45:00 DS/Weights
 150 1 x 600 on 10:00 Top Hat Drill
 800 10 x 15 on :45 Shooters
 560 8 x 100 on 1:45 Kick-Fastest Possible Avg.
 1x{ Alt 20 Tombstone Kick 15m underwater to GBC
 { 2 x 40 on 1:00 Kick
 { 2 x 40 on :55 Kick
 { 2 x 40 on :50 Kick
 { 2 x 40 on :45 Kick
 { 2 x 40 on :40 Kick
 { 2 x 40 on :35 Kick
 { 2 x 40 on :30 Kick
 1,750 1x{ 1 x 250 on 3:30 Pulls BTB
 { 5 x 50 on :50 Pull 7/6/5/4 breaths
 { 1 x 250 on 3:30 Pulls BTS
 { 5 x 50 on :50 Pull 7/6/5/4 breaths
 { 1 x 200 on 2:40 Pulls BTS
 { 5 x 50 on :50 Pull 7/6/5/4 breaths
 { 1 x 200 on 2:40 Pulls BTS
 { 2 x 50 on :50 Pull 5/4 breaths
 200 4x{ 1 x 25 on :50 Sculling drills
 { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,000 1x{ 4 x 125 on 2:00 Backstroke
 { 1 on 1:00 Rest
 { 4 x 125 on 1:55 Backstroke
 { 1 on 1:00 Rest
 { 4 x 125 on 1:50 Backstroke
 { 1 on 1:00 Rest
 { 4 x 125 on 1:45 Backstroke
 250 1 x 250 on 4:00 Stroke Drills
 8:15 AM 6,310 Yards - Stress Value = 193

Workout #23866 - Tuesday, 11 June 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description E
 =====
 225 1 on 45:00 DS/Weights/Showers F
 750 15 x 15 on :45 Racing Skills-Back Shooters S
 750 30 x 25 on :30 100 Fly Pace S
 750 1 on 8:00 Video Evaluations 1+/1- F
 750 30 x 25 on :30 100 Back Pace S
 750 1 on 10:00 Racing Skills-Underwater Racing F
 750 30 x 25 on :30 100 Breast Pace S
 750 1 on 15:00 Racing Skills-TN Turn Drill F
 750 30 x 25 on :30 100 Free Pace S
 300 1x{ 8 x 15 on :25 Undr Wtr Fly Kck F
 { 1 on :30 Rest F
 { 6 x 15 on :20 Undr Wtr Fly Kck E
 { 1 on :30 Rest F
 { 4 x 15 on :15 Undr Wtr Fly Kck E
 { 1 on :30 Rest F
 { 2 x 15 on :10 Undr Wtr Fly Kck E
 8:14 AM 3,525 Yards - Stress Value = 315

Workout #23867 - Tuesday, 11 June 2019

Group 3 - Distance

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY WORK STK
 =====
 1 on 15:00 DS/Showers REC L DRY
 400 1 x 400 on 5:00 Choice REC D CHC
 150 10 x 15 on :45 Shooters SP3 S FF
 3,000 30 x 100 on 1:25 1650 Free Pace SP2 S FF

Sets of 5, #1 +3, #2 +2, #3 +1, #4 =, #5 Recov
 120 6 x 20 on 3:00 Timed Underwaters-B SP2 K FLY
 5:47 PM 3,670 Yards - Stress Value = 318

Workout #23868 - Tuesday, 11 June 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 12:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooter SP3
 1 on 5:00 Video Evaluations 1+/1- REC
 3,000 30 x 100 on 1:25 1650 Free Pace SP2
 120 6 x 20 on 3:00 Timed Underwaters-B SP2
 5:47 PM 3,345 Yards - Stress Value = 321

Workout #23869 - Tuesday, 11 June 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,000 1x{ 6 x 25 on :30 Kick no board B
 { 1 x 200 on 3:40 Streamline Kick on Back
 { 6 x 25 on :30 Kick no board B
 { 1 x 200 on 3:40 Kick on Rt Side-Face up
 { 4 x 25 on :30 Kick no board B
 { 1 x 200 on 3:40 Kick on Lt Side-Face up
 100 1x{ 4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 1x{ 1 x 200 on 3:00 Backstroke
 { 4 x 50 on :50 Back-3/4/5/6 KOW
 { 1 x 200 on 2:55 Backstroke
 { 4 x 50 on :50 Back-3/4/5/6 KOW
 { 1 x 200 on 2:50 Backstroke
 { 4 x 50 on :50 Back-3/4/5/6 KOW
 { 1 x 200 on 2:45 Backstroke
 { 4 x 50 on :50 Back-3/4/5/6 KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,400 Yards - Stress Value = 133

Workout #23870 - Tuesday, 11 June 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
950	1x{6 x 25 on :30 Kick no board B
	{1 x 200 on 3:50 Streamline Kick on Back
	{4 x 25 on :30 Kick no board B
	{1 x 200 on 3:50 Kick on Rt Side-Face up
	{4 x 25 on :30 Kick no board B
	{1 x 200 on 3:50 Kick on Lt Side-Face up
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	1x{1 x 200 on 3:20 Backstroke
	{4 x 50 on :55 Back-3/4/5/6 KOW
	{1 x 200 on 3:15 Backstroke
	{4 x 50 on :55 Back-3/4/5/6 KOW
	{1 x 200 on 3:10 Backstroke
	{4 x 50 on :55 Back-3/4/5/6 KOW
	{1 x 200 on 3:05 Backstroke
	{1 x 50 on :55 Back-6 KOW
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,150 Yards - Stress Value = 129

Workout #23871 - Tuesday, 11 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
850	1x{6 x 25 on :35 Kick no board B
	{1 x 200 on 4:15 Streamline Kick on Back
	{6 x 25 on :35 Kick no board B
	{1 x 200 on 4:15 Kick on Rt Side-Face up
	{6 x 25 on :35 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 200 on 3:45 Backstroke
	{4 x 50 on 1:00 Back-3/4/5/6 KOW
	{1 x 200 on 3:40 Backstroke
	{4 x 50 on 1:00 Back-3/4/5/6 KOW
	{1 x 200 on 3:35 Backstroke
	{4 x 50 on 1:00 Back-3/4/5/6 KOW
	{1 x 100 on 1:45 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,725 Yards - Stress Value = 111

Workout #23872 - Tuesday, 11 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
800	1x{6 x 25 on :35 Kick no board B
	{1 x 200 on 4:30 Streamline Kick on Back
	{6 x 25 on :35 Kick no board B
	{1 x 200 on 4:30 Kick on Rt Side-Face up
	{4 x 25 on :35 Kick on board B

100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{1 x 200 on 4:00 Backstroke
	{4 x 50 on 1:00 Back-3/4/5/6 KOW
	{1 x 200 on 3:55 Backstroke
	{4 x 50 on 1:00 Back-3/4/5/6 KOW
	{1 x 200 on 3:50 Backstroke
	{3 x 50 on 1:00 Back-4/5/6 KOW
	{1 x 100 on 1:50 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,575 Yards - Stress Value = 109

Workout #23873 - Tuesday, 11 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
625	1x{4 x 25 on :45 Kick no board B
	{1 x 150 on 4:30 Streamline Kick on Back
	{4 x 25 on :45 Kick no board B
	{1 x 150 on 4:30 Kick on Rt Side-Face up
	{5 x 25 on :45 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{1 x 150 on 4:00 Backstroke
	{3 x 50 on 1:15 Back-3/4/5 KOW
	{1 x 150 on 3:55 Backstroke
	{3 x 50 on 1:15 Back-3/4/5 KOW
	{1 x 150 on 3:50 Backstroke
	{4 x 50 on 1:15 Back-3/4/5/6 KOW
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,975 Yards - Stress Value = 92

Workout #23874 - Tuesday, 11 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on 1:00 Kick no board B
	{1 x 150 on 4:30 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board B
	{1 x 150 on 4:30 Kick on Rt Side-Face up
	{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
850	1x{1 x 150 on 4:30 Backstroke
	{3 x 50 on 1:30 Back-3/4/5 KOW
	{1 x 150 on 4:25 Backstroke
	{3 x 50 on 1:30 Back-3/4/5 KOW
	{1 x 150 on 4:20 Backstroke
	{2 x 50 on 1:30 Back-3/4/5 KOW
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,750 Yards - Stress Value = 89

Workout #23875 - Wednesday, 12 June 2019

Group 3 - Fly

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
500	1 on 45:00 DS/Weights
150	20 x 25 on :30 Wednesday warm-ups
1,450	1x{4 x 25 on :30 Kick no board BSLR-20KOW {3 x 125 on 2:00 Kick {4 x 25 on :30 Kick no board BSLR-18KOW {3 x 100 on 1:35 Kick {4 x 25 on :30 Kick no board BSLR-16KOW {3 x 75 on 1:10 Kick {4 x 25 on :30 Kick no board BSLR-14KOW {3 x 50 on :45 Kick
1,400	1x{2 x 100 on 1:20 Lungbuster pulls br3-4 {3 x 100 on 1:20 Lungbuster pulls br3-4-5 {4 x 100 on 1:20 Lungbuster pulls br3-4-5-6 {5 x 100 on 1:20 Lungbuster pulls br3-4-5-6-
200	4x{1 x 25 on :50 Sculling drills
2,000	10x{8 x 25 on :25 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
8:16 AM	5,900 Yards - Stress Value = 100

Workout #23876 - Wednesday, 12 June 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
500	1 on 45:00 DS/Weights
150	20 x 25 on :30 Wednesday warm-ups
1,450	1x{4 x 25 on :30 Kick no board BSLR-20KOW {3 x 125 on 2:00 Kick {4 x 25 on :30 Kick no board BSLR-18KOW {3 x 100 on 1:35 Kick {4 x 25 on :30 Kick no board BSLR-16KOW {3 x 75 on 1:10 Kick {4 x 25 on :30 Kick no board BSLR-14KOW {3 x 50 on :45 Kick
1,500	1x{1 x 100 on 1:20 Lungbuster pulls br 3 {2 x 100 on 1:20 Lungbuster pulls br3-4 {3 x 100 on 1:20 Lungbuster pulls br3-4-5 {4 x 100 on 1:20 Lungbuster pulls br3-4-5-6 {5 x 100 on 1:20 Lungbuster pulls br3-4-5-6-7
200	4x{1 x 25 on :50 Sculling drills
1,800	9x{8 x 25 on :30 Butterfly {1 on 1:00 Rest
200	1 x 200 on 3:00 Stroke Drills
8:18 AM	5,800 Yards - Stress Value = 97

Workout #23877 - Wednesday, 12 June 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
5:30 AM	Start
225	1 on 45:00 DS/Weights/Shower
800	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	8 x 100 on 2:00 Kick on fastest interval breast kick unless injured, no board, 1x{10 x 50 on :55 200 IM Pace {1 on 1:00 Rest {10 x 50 on :55 200 IM Pace {1 on 1:00 Rest {10 x 50 on :55 200 IM Pace

1 on 15:00	Video Evaluations 1+/- for each
	After evals, your choice of active recovery
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace 1 on 15:00 Sculling Drill/Relay
8:15 AM	4,025 Yards - Stress Value = 325

Workout #23878 - Wednesday, 12 June 2019

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
450	1 on 35:00 DS/Showers
150	18 x 25 on :30 Wednesday Warm-up
1,250	10 x 15 on :45 Shooters-Crossover Turns 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 {5 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
750	30 x 25 on :30 USRPT-100 Fly Pace
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	4,800 Yards - Stress Value = 142

Workout #23879 - Wednesday, 12 June 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
450	1 on 35:00 DS/Showers
150	18 x 25 on :30 Wednesday Warm-up
1,200	10 x 15 on :45 Shooters-Crossover Turns 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 {4 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
625	25 x 25 on :35 USRPT-100 Fly Pace
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	4,575 Yards - Stress Value = 127

Workout #23880 - Wednesday, 12 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS>Showers
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters-Crossover Turns
 1,050 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
 {4 x 50 on 1:05 Free 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
 625 25 x 25 on :35 USRPT-100 Fly Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,150 Yards - Stress Value = 120

{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
 {3 x 50 on 1:20 Free Kick
 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
 550 22 x 25 on :40 USRPT-100 Fly Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 102

Workout #23883 - Wednesday, 12 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS>Showers
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters-Crossover Turns
 800 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
 {2 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
 500 20 x 25 on :45 USRPT-100 Fly Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,250 Yards - Stress Value = 94

Workout #23881 - Wednesday, 12 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS>Showers
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters-Crossover Turns
 1,000 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
 {3 x 50 on 1:10 Free 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
 625 25 x 25 on :35 USRPT-100 Fly Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,950 Yards - Stress Value = 116

Workout #23882 - Wednesday, 12 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS>Showers
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters-Crossover Turns
 850 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

Workout #23884 - Thursday, 13 June 2019

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,500	10 x 15 on :45 Shooters
1x	{1 x 100 on 1:25 Your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:30 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:35 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:40 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:45 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick
2,550	1x{1 x 300 on 3:50 Pulls BWFPN {5 x 50 on :40 Pulls-no br L.12 yds {2 x 300 on 3:45 Pulls BWKPN {5 x 50 on :40 Pulls-no br L.12 yds {3 x 300 on 3:35 Pulls BWHPN {5 x 50 on :40 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
9:15 AM	6,450 Yards - Stress Value = 107

Workout #23885 - Thursday, 13 June 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
1,450	10 x 15 on :45 Shooters
1x	{1 x 100 on 1:35 Your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:35 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:40 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:40 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:40 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {1 x 100 on 1:45 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {1 x 50 on 1:05 Kick your 3rd best kick
2,400	1x{1 x 300 on 4:10 Pulls BWFPN {5 x 50 on :45 Pulls-no br L.12 yds {2 x 300 on 4:05 Pulls BWKPN {4 x 50 on :45 Pulls-no br L.12 yds {3 x 300 on 4:00 Pulls BWHPN {3 x 50 on :45 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	16 x 75 on 1:30 Breaststroke
250	1 x 250 on 4:00 Stroke Drills
9:15 AM	6,250 Yards - Stress Value = 103

Workout #23886 - Thursday, 13 June 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
6:30 AM	Start		
225	1 on 45:00 DS/Weights/Shower	REC	L DRY
1,500	15 x 15 on :45 Racing Skills-Breast Shooters	SP3	S FF
1,500	30 x 50 on :50 200 Back Pace*	SP2	S FF
1,500	1 on 5:00 Your Choice Recovery	REC	
1,500	30 x 50 on :50 200 Fly Pace*	SP2	S FF
1,500	1 on 5:00 Your Choice Recovery	REC	
1,500	30 x 50 on :50 200 Free Pace*	SP2	S FF
1,500	1 on 5:00 Your Choice Recovery*	REC	
1,500	30 x 50 on :55 200 Breast Pace	SP2	S FF
9:28 AM	All sets individulized rest. Non best set 6:0 set 8:00 rest 6,225 Yards - Stress Value = 609		

Workout #23887 - Thursday, 13 June 2019

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STR
5:00 PM	Start			
400	1 on 15:00 DS/Showers	REC	L DRY	
150	1 x 400 on 5:00 Choice	REC	D CHC	
2,250	10 x 15 on :45 Shooters	SP3	S FF	
160	30 x 75 on 1:05 1000 Free Pace	SP2	S FF	
6:28 PM	Sets of 5, #1 +3, #2 +2, #3 +1, #4 =, #5 Recov 2,960 Yards - Stress Value = 247			

Workout #23888 - Thursday, 13 June 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
225	1 on 12:00 DS/Showers	REC	
2,250	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
180	1 on 5:00 Video Evaluations	REC	
180	30 x 75 on 1:05 1000 Free Pace	SP2	
6:31 PM	9 x 20 on 3:00 Timed Underwaters-B 2,655 Yards - Stress Value = 252	SP2	

Workout #23889 - Thursday, 13 June 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
950	1x{1 x 50 on :55 Breast Kick w/board
	{4 x 50 on 1:00 Breast Pull
	{2 x 75 on 1:25 Breast Kick w/board
	{3 x 50 on 1:00 Breast Pull
	{3 x 100 on 1:50 Breast Kick w/board
	{2 x 50 on 1:00 Breast Pull
	1 on 26:00 Teach Day-BREAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 100

Workout #23890 - Thursday, 13 June 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
850	1x{1 x 50 on 1:05 Breast Kick w/board
	{4 x 50 on 1:05 Breast Pull
	{2 x 75 on 1:35 Breast Kick w/board
	{3 x 50 on 1:05 Breast Pull
	{3 x 100 on 2:10 Breast Kick w/board
	1 on 26:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,475 Yards - Stress Value = 85

Workout #23891 - Thursday, 13 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
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
	1 on 26:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,300 Yards - Stress Value = 77

Workout #23892 - Thursday, 13 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
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
	1 on 26:00 Teach Day-BREAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 76

Workout #23893 - Thursday, 13 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
650	1x{1 x 50 on 1:25 Breast Kick w/board
	{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
	1 on 26:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,950 Yards - Stress Value = 69

Workout #23894 - Thursday, 13 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
150	1 x 300 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
500	1x{1 x 50 on 2:00 Breast Kick w/board
	{4 x 50 on 2:00 Breast Pull
	{2 x 75 on 3:00 Breast Kick w/board
	{1 x 50 on 2:00 Breast Pull
	{1 x 50 on 1:00 Breast Kick w/board
	1 on 26:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,625 Yards - Stress Value = 54

Workout #23898 - Friday, 14 June 2019

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 15:00 DS/Showers	REC	L	DRY
150	1 x 600 on 10:00 Reverse IM drill	REC	D	FR
600	10 x 15 on :45 Shooter	SP3	S	FLY
2,625	1x{5 x 100 on 1:45 Kick-Odds-100%	EN2	K	C
	{1 x 50 on 1:29 Freestyle	EN2	S	
	{1 x 50 on 1:00 Freestyle	EN3	S	
	{4 x 125 on 1:28 Freestyle	EN2	S	
	{2 x 50 on 1:00 Freestyle	EN3	S	
	{3 x 125 on 1:27 Freestyle	EN2	S	
	{3 x 50 on 1:00 Freestyle	EN3	S	
	{2 x 125 on 1:26 Freestyle	EN2	S	
	{4 x 50 on 1:00 Freestyle	EN3	S	
	{1 x 125 on 1:25 Freestyle	EN2	S	
	{5 x 50 on 1:00 Freestyle	EN3	S	
250	1 x 250 on 5:00 Stroke Drills	REC	D	
	6:30 PM 4,225 Yards - Stress Value = 100			

Yards	Set Description	EGY	WORK	STK
500	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 125 on 2:15 SwimUSS	REC	D	FR
1,400	10 x 15 on :45 Shooters	SP3	S	FLY
	1x{1 x 50 on :55 Butterfly	EN2	S	FLY
	{1 x 50 on :50 Freestyle	EN1	S	FR
	{2 x 50 on :55 Butterfly	EN2	S	FLY
	{1 x 50 on :50 Freestyle	EN2	S	FR
	{3 x 50 on :55 Butterfly	EN2	S	FLY
	{1 x 50 on :50 Freestyle	EN1	S	FR
	{4 x 50 on :55 Butterfly	EN2	S	FLY
	{1 x 50 on :50 Freestyle	EN1	S	FR
	{5 x 50 on :55 Butterfly	EN2	S	FLY
	{1 x 50 on :50 Freestyle	EN2	S	FR
	{6 x 50 on :55 Butterfly	EN2	S	FLY
	{1 x 50 on :50 Freestyle	EN2	S	FR
	{1 x 50 on :55 Butterfly	EN2	S	FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	6:30 PM 2,250 Yards - Stress Value = 31			

Workout #23902 - Friday, 14 June 2019

Group 2 - Silver

1 minute rest between sets

Workout #23899 - Friday, 14 June 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

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

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 100 on 2:15 SwimUSS	REC	D	FR
1,300	10 x 15 on :45 Shooters	SP3	S	FLY
	1x{1 x 50 on 1:00 Butterfly	EN2	S	FLY
	{1 x 50 on :55 Freestyle	EN1	S	FR
	{2 x 50 on 1:00 Butterfly	EN2	S	FLY
	{1 x 50 on :55 Freestyle	EN2	S	FR
	{3 x 50 on 1:00 Butterfly	EN2	S	FLY
	{1 x 50 on :55 Freestyle	EN1	S	FR
	{4 x 50 on 1:00 Butterfly	EN2	S	FLY
	{1 x 50 on :55 Freestyle	EN1	S	FR
	{5 x 50 on 1:00 Butterfly	EN2	S	FLY
	{1 x 50 on :55 Freestyle	EN1	S	FR
	{6 x 50 on :55 Butterfly	EN2	S	FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	6:30 PM 2,050 Yards - Stress Value = 28			

Workout #23900 - Friday, 14 June 2019

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 125 on 2:15 SwimUSS	REC	D	FR
1,550	10 x 15 on :45 Shooters	SP3	S	FLY
	1x{1 x 50 on :50 Butterfly	EN2	S	FLY
	{1 x 50 on :45 Freestyle	EN1	S	FR
	{2 x 50 on :50 Butterfly	EN2	S	FLY
	{1 x 50 on :45 Freestyle	EN2	S	FR
	{3 x 50 on :50 Butterfly	EN2	S	FLY
	{1 x 50 on :45 Freestyle	EN1	S	FR
	{4 x 50 on :50 Butterfly	EN2	S	FLY
	{1 x 50 on :45 Freestyle	EN1	S	FR
	{5 x 50 on :50 Butterfly	EN2	S	FLY
	{1 x 50 on :45 Freestyle	EN2	S	FR
	{6 x 50 on :50 Butterfly	EN2	S	FLY
	{1 x 50 on :45 Freestyle	EN1	S	FR
	{4 x 50 on :50 Butterfly	EN2	S	FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	6:30 PM 2,400 Yards - Stress Value = 33			

Workout #23903 - Friday, 14 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 100 on 2:15 SwimUSS	REC	D	FR
1,200	10 x 15 on :45 Shooters	SP3	S	FLY
	1x{1 x 50 on 1:05 Butterfly	EN2	S	FLY
	{1 x 50 on :55 Freestyle	EN1	S	FR
	{2 x 50 on 1:05 Butterfly	EN2	S	FLY
	{1 x 50 on :55 Freestyle	EN2	S	FR
	{3 x 50 on 1:05 Butterfly	EN2	S	FLY
	{1 x 50 on :55 Freestyle	EN1	S	FR
	{4 x 50 on 1:05 Butterfly	EN2	S	FLY
	{1 x 50 on :55 Freestyle	EN1	S	FR
	{5 x 50 on 1:05 Butterfly	EN2	S	FLY
	{1 x 50 on :55 Freestyle	REC	S	FR
	{4 x 50 on 1:05 Butterfly	EN2	S	FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
	6:30 PM 1,950 Yards - Stress Value = 26			

Workout #23901 - Friday, 14 June 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
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Workout #23904 - Friday, 14 June 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Dryland	REC	L	DRY
300	4 x 75 on 2:15 SwimUSS	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	FLY
900	1x{1 x 50 on 1:30 Butterfly	EN2	S	FLY
	{1 x 50 on 1:15 Freestyle	EN1	S	FR
	{2 x 50 on 1:30 Butterfly	EN2	S	FLY
	{1 x 50 on 1:15 Freestyle	EN2	S	FR
	{3 x 50 on 1:30 Butterfly	EN2	S	FLY
	{1 x 50 on 1:15 Freestyle	EN1	S	FR
	{4 x 50 on 1:30 Butterfly	EN2	S	FLY
	{1 x 50 on 1:15 Freestyle	EN1	S	FR
	{4 x 50 on 1:30 Butterfly	EN2	S	FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
6:30 PM 1,550 Yards - Stress Value = 21				

Workout #23905 - Friday, 14 June 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 40:00 DS/Dryland	REC	L	DRY
300	4 x 75 on 2:15 SwimUSS	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	FLY
600	1x{1 x 50 on 2:15 Butterfly	EN2	S	FLY
	{1 x 50 on 1:30 Freestyle	EN1	S	FR
	{2 x 50 on 2:15 Butterfly	EN2	S	FLY
	{1 x 50 on 1:30 Freestyle	EN2	S	FR
	{3 x 50 on 2:15 Butterfly	EN2	S	FLY
	{1 x 50 on 1:30 Freestyle	EN1	S	FR
	{3 x 50 on 2:15 Butterfly	EN2	S	FLY
200	1 x 200 on 4:00 Stroke Drills	REC	D	CD
6:29 PM 1,250 Yards - Stress Value = 16				

Workout #23906 - Monday, 17 June 2019

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 DS/Weights			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
100	1 x 100 on 2:00 Kick for time			
1,650	1x{4 x 25 on :30 Kick no board BSLR			
	{1 x 150 on 2:20 Kick			
	{1 x 100 on 1:35 Kick			
	{1 x 50 on :45 Kick			
	{6 x 25 on :30 Kick no board BSLRLR			
	{2 x 150 on 2:20 Kick			
	{2 x 100 on 1:35 Kick			
	{2 x 50 on :45 Kick			
	{8 x 25 on :30 Kick no board BSLR			
	{1 x 150 on 2:20 Kick			
	{1 x 100 on 1:35 Kick			
	{1 x 50 on :45 Kick			
	Pull Set-1st round @ 1:20, 2nd round @1:15			
1,600	2x{1 x 100 on 1:15 Pulls-no br L.12 yds			
	{1 x 100 on 1:15 Pulls-no br L.13 yds			
	{1 x 100 on 1:15 Pulls-no br L.14 yds			
	{1 x 100 on 1:15 Pulls-no br L.15 yds			
	{1 x 100 on 1:15 Pulls-no br L.16 yds			
	{1 x 100 on 1:15 Pulls-no br L.17 yds			
	{1 x 100 on 1:15 Pulls-no br L.18 yds			
	{1 x 100 on 1:15 Pulls-no br L.19 yds			
200	4x{1 x 25 on :50 Sculling drills			

	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	1&2 @505, 3&4@500, 5&6@455			
2,800	7 x 400 on 5:05 Free-R.10 @200/Neg split			
	dscnd in 3's, 2nd set of 3 fstr then 1st			
	Rest 1:00 before #7, #7 is straight swim f			
200	1 x 200 on 3:00 Stroke Drills			
9:15 AM 7,300 Yards - Stress Value = 131				

Workout #23907 - Monday, 17 June 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 DS/Weights			
600	1 x 600 on 10:00 Swim-kick-pull-swim			
150	10 x 15 on :45 Shooters			
100	1 x 100 on 2:00 Kick for time			
1,550	1x{4 x 25 on :30 Kick no board BSLR			
	{1 x 150 on 2:30 Kick			
	{1 x 100 on 1:40 Kick			
	{1 x 50 on :50 Kick			
	{6 x 25 on :30 Kick no board BSLRLR			
	{2 x 150 on 2:30 Kick			
	{2 x 100 on 1:40 Kick			
	{2 x 50 on :50 Kick			
	{8 x 25 on :30 Kick no board BSLR			
	{1 x 150 on 2:30 Kick			
	{1 x 50 on :50 Kick			
	Pull Set-1st round @ 1:20, 2nd round @1:15			
1,600	2x{1 x 100 on 1:15 Pulls-no br L.12 yds			
	{1 x 100 on 1:15 Pulls-no br L.13 yds			
	{1 x 100 on 1:15 Pulls-no br L.14 yds			
	{1 x 100 on 1:15 Pulls-no br L.15 yds			
	{1 x 100 on 1:15 Pulls-no br L.16 yds			
	{1 x 100 on 1:15 Pulls-no br L.17 yds			
	{1 x 100 on 1:15 Pulls-no br L.18 yds			
	{1 x 100 on 1:15 Pulls-no br L.19 yds			
200	4x{1 x 25 on :50 Sculling drills			
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes			
	1&2 @505, 3&4@500, 5&6@455			
2,800	7 x 400 on 5:05 Free-R.10 @200/Neg split			
	dscnd in 3's, 2nd set of 3 fstr then 1st			
	Rest 1:00 before #7, #7 is straight swim f			
200	1 x 200 on 3:00 Stroke Drills			
9:15 AM 7,200 Yards - Stress Value = 129				

Workout #23908 - Monday, 17 June 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
	1 on 45:00 DS/Weights/Showers	REC		
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3		
1,500	30 x 50 on :50 200 Back Pace	SP2		
	1 on 5:00 Your choice active recovery	REC		
1,500	30 x 50 on :55 200 Breast Pace	SP2		
	1 on 5:00 Your choice active recovery	REC		
1,500	30 x 50 on :50 200 Free Pace*	SP2		
	1 on 5:00 Your choice active recovery	REC		
1,500	30 x 50 on :50 200 Fly Pace*	SP2		
	*only if time necessitates			
9:29 AM 6,225 Yards - Stress Value = 609				

Workout #23909 - Monday, 17 June 2019

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY
5:00 PM	Start	
600	1 on 15:00 DS/Shower	REC
150	1 x 600 on 10:00 Choice	REC
450	10 x 15 on :45 Shooters-crossover turns	SP3
1,500	9 x 50 on 2:00 Deficit Kicks	EN2
	5x{1 x 25 on :30 Freestyle	SP2
	{1 x 25 on :40 Freestyle	SP2
	{1 x 25 on :50 Freestyle	SP2
	{1 x 25 on 1:00 Freestyle	SP2
	{1 x 200 on 4:00 Stroke Drills	REC
6:29 PM	2,700 Yards - Stress Value = 63	

100	1x{4 x 25 on 1:00 Odds face in sculling drills	{ Evens-underwaters, count kicks
1,600	1x{3 x 200 on 3:10 Backstroke	{2 x 200 on 3:05 Backstroke
	{2 x 200 on 3:00 Backstroke	{1 x 200 on 2:55 Backstroke
750	30 x 25 on :30 USRPT-100 Back Pace	
	1 on 10:00 Game	
200	1 x 200 on 4:00 Stroke Drills	
7:30 PM	4,200 Yards - Stress Value = 130	

Workout #23913 - Monday, 17 June 2019

Group 2 - Silver

1 minute rest between sets

Workout #23910 - Monday, 17 June 2019

Group 3 - USRPT

1 minute rest between sets

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

Yards	Set Description
5:15 PM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
750	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board B
	{1 x 150 on 3:30 50Streamline--50Rtside-50Lts
	{4 x 25 on :40 Kick no board B
	{2 x 150 on 3:30 50Streamline--50Rtside-50Lts
	{4 x 25 on :40 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,350	1x{3 x 200 on 3:40 Backstroke
	{2 x 200 on 3:35 Backstroke
	{1 x 200 on 3:30 Backstroke
	{1 x 150 on 2:30 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,675 Yards - Stress Value = 110

Workout #23911 - Monday, 17 June 2019

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
950	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board B
	{1 x 150 on 2:55 50Streamline--50Rtside-50Lts
	{6 x 25 on :30 Kick no board B
	{2 x 150 on 2:55 50Streamline--50Rtside-50Lts
	{4 x 25 on :30 Kick no board B
	{1 x 150 on 2:55 50Streamline--50Rtside-50Lts
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,700	1x{3 x 200 on 3:00 Backstroke
	{3 x 200 on 2:55 Backstroke
	{2 x 200 on 2:50 Backstroke
	{1 x 100 on 1:20 Backstroke
750	30 x 25 on :30 100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,450 Yards - Stress Value = 134

Workout #23914 - Monday, 17 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
725	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board B
	{1 x 150 on 3:45 50Streamline--50Rtside-50Lts
	{4 x 25 on :40 Kick no board B
	{2 x 150 on 3:45 50Streamline--50Rtside-50Lts
	{3 x 25 on :40 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{2 x 200 on 3:55 Backstroke
	{2 x 200 on 3:50 Backstroke
	{2 x 200 on 3:45 Backstroke
	{1 x 100 on 1:50 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,550 Yards - Stress Value = 109

Workout #23912 - Monday, 17 June 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
850	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board B

Workout #23915 - Monday, 17 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board B {1 x 150 on 4:15 50Streamline--50Rtside-50Lts {4 x 25 on :45 Kick no board B {1 x 150 on 4:15 50Streamline--50Rtside-50Lts {4 x 25 on :45 Kick no board B {1 x 50 on 1:25 50Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{2 x 150 on 3:55 Backstroke {2 x 150 on 3:50 Backstroke {2 x 150 on 3:45 Backstroke {1 x 50 on 1:50 Backstroke
550	22 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,000 Yards - Stress Value = 93

Workout #23916 - Monday, 17 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board B {1 x 150 on 5:00 50Streamline--50Rtside-50Lts {4 x 25 on :45 Kick no board B {1 x 150 on 5:00 50Streamline--50Rtside-50Lts {4 x 25 on :45 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{2 x 125 on 3:55 Backstroke {2 x 125 on 3:50 Backstroke {2 x 125 on 3:45 Backstroke {1 x 50 on 1:50 Backstroke
550	22 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 89

Workout #23917 - Tuesday, 18 June 2019

Group 3 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
2,100	1x{2 x 150 on 2:00 Backstroke {4 x 100 on 1:25 Back-descend 2/3/4/5 KOW {2 x 150 on 1:55 Backstroke {4 x 100 on 1:25 Back descend 3/4/5/6 KOW {2 x 150 on 1:50 Backstroke {4 x 100 on 1:25 Back descend 4/5/6/7 KOW
800	1 x 800 on 16:00 Vertical Kicking
1,050	1x{3 x 75 on 1:00 Pulls BTB {3 x 50 on :35 Pulls {3 x 75 on 1:00 Pulls BTS {3 x 50 on :35 Pulls {4 x 75 on 1:00 Pulls alt BT S/B

200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{2 x 150 on 1:55 Backstroke {4 x 100 on 1:25 Back-descend 2/3/4/5 KOW {2 x 150 on 1:50 Backstroke {4 x 100 on 1:25 Back descend 3/4/5/6 KOW {2 x 150 on 1:45 Backstroke {4 x 100 on 1:25 Back descend 4/5/6/7 KOW
200	1 x 200 on 3:00 Stroke Drills
	9:16 AM 7,200 Yards - Stress Value = 128

Workout #23918 - Tuesday, 18 June 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
2,000	1x{2 x 150 on 2:10 Backstroke {4 x 100 on 1:30 Back-descend 2/3/4/5 KOW {2 x 150 on 2:05 Backstroke {4 x 100 on 1:30 Back descend 3/4/5/6 KOW {2 x 150 on 2:00 Backstroke {3 x 100 on 1:30 Back descend 4/5/6/7 KOW
800	1 x 800 on 16:00 Vertical Kicking
900	1x{3 x 75 on 1:10 Pulls BTB {3 x 50 on :40 Pulls {3 x 75 on 1:10 Pulls BTS {3 x 50 on :40 Pulls {2 x 75 on 1:05 Pulls alt BT S/B
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,950	1x{2 x 150 on 2:05 Backstroke {4 x 100 on 1:30 Back-descend 2/3/4/5 KOW {2 x 150 on 2:00 Backstroke {4 x 100 on 1:30 Back descend 3/4/5/6 KOW {2 x 150 on 1:55 Backstroke {2 x 100 on 1:30 Back descend 4/5/6/7 KOW {1 x 50 on :45 Back-fast 6/7 KOW
200	1 x 200 on 3:00 Stroke Drills
	9:16 AM 6,800 Yards - Stress Value = 120

Workout #23919 - Tuesday, 18 June 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights/Showers
225	15 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 100 Back Pace 1 on 8:00 Video Evaluations 1+/1-
750	30 x 25 on :30 100 Breast Pace 1 on 15:00 Racing Skills-Underwater Racing
750	30 x 25 on :30 100 Free Pace 1 on 11:00 Racing Skills-Stanford Turn Drill
750	30 x 25 on :30 100 Fly Pace
300	1x{8 x 15 on :25 Undr Wtr Fly Kck {1 on :30 Rest {6 x 15 on :20 Undr Wtr Fly Kck {1 on :30 Rest {4 x 15 on :15 Undr Wtr Fly Kck {1 on :30 Rest {2 x 15 on :10 Undr Wtr Fly Kck
	9:15 AM 3,525 Yards - Stress Value = 315

Workout #23920 - Tuesday, 18 June 2019

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
5:00 PM	Start			
1	on 15:00 DS/Showers	REC	L	DRY
400	1 x 400 on 5:00 Choice	REC	D	CHC
150	10 x 15 on :45 Shooters	SP3	S	FF
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	S	FF
	Sets of 3, #1 +2, #2 -1, #3 Recovery			
120	6 x 20 on 3:00 Timed Underwaters-B	SP2	K	FLY
6:32 PM	3,670 Yards - Stress Value = 318			

Workout #23921 - Tuesday, 18 June 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
1	on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
	1 on 5:00 Video Evaluations-	REC	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
120	6 x 20 on 3:00 Timed Underwaters-B	SP2	
6:32 PM	3,345 Yards - Stress Value = 321		

Workout #23922 - Tuesday, 18 June 2019

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,050	1x{2 x 125 on 2:20 Free Kick w/board
	{1 x 50 on :55 Free Kick w/board-100%
	{2 x 125 on 2:15 Free Kick w/board
	{2 x 50 on :55 Free Kick w/board-100%
	{2 x 125 on 2:10 Free Kick w/board
	{3 x 50 on :55 Free Kick w/board-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,750	1x{1 x 400 on 5:45 Free-5 KOW
	{1 x 400 on 5:40 Free-Focus on high elbow
	{1 x 400 on 5:35 Free-focus on Sun Yang
	{1 x 400 on 5:30 Free-HB inside the flags
	{1 x 150 on 1:55 Free-HB 3SOW-100%
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drills
7:30 PM	4,400 Yards - Stress Value = 137

Workout #23923 - Tuesday, 18 June 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
950	1x{2 x 125 on 2:30 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board-100%
	{2 x 125 on 2:25 Free Kick w/board
	{2 x 50 on 1:05 Free Kick w/board-100%
	{2 x 125 on 2:20 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

1,625	1x{1 x 375 on 5:45 Free-5 KOW
	{1 x 375 on 5:40 Free-Focus on high elbow
	{1 x 375 on 5:35 Free-focus on Sun Yang
	{1 x 375 on 5:30 Free-HB inside the flags
	{1 x 125 on 1:55 Free-HB 3SOW-100%
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drills
7:30 PM	4,125 Yards - Stress Value = 134

Workout #23924 - Tuesday, 18 June 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
850	1x{2 x 125 on 2:45 Free Kick w/board
	{1 x 50 on 1:10 Free Kick w/board-100%
	{2 x 125 on 2:40 Free Kick w/board
	{2 x 50 on 1:10 Free Kick w/board-100%
	{2 x 100 on 2:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 325 on 5:45 Free-5 KOW
	{1 x 325 on 5:40 Free-Focus on high elbow
	{1 x 325 on 5:35 Free-focus on Sun Yang
	{1 x 325 on 5:30 Free-HB inside the flags
	{1 x 100 on 1:50 Free-HB 3SOW-100%
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drills
7:30 PM	3,750 Yards - Stress Value = 124

Workout #23925 - Tuesday, 18 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
825	1x{2 x 125 on 2:55 Free Kick w/board
	{1 x 50 on 1:10 Free Kick w/board-100%
	{2 x 125 on 2:50 Free Kick w/board
	{2 x 50 on 1:10 Free Kick w/board-100%
	{1 x 125 on 2:45 Free Kick w/board
	{1 x 50 on 1:10 Free Kick w/board-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 300 on 5:45 Free-5 KOW
	{1 x 300 on 5:40 Free-Focus on high elbow
	{1 x 300 on 5:35 Free-focus on Sun Yang
	{1 x 300 on 5:30 Free-HB inside the flags
	{1 x 100 on 1:55 Free-HB 3SOW-100%
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 15:00 Racing Skills-TN Turn Drills
7:29 PM	3,450 Yards - Stress Value = 110

Workout #23926 - Tuesday, 18 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
725	1x{2 x 125 on 3:20 Free Kick w/board {1 x 50 on 1:20 Free Kick w/board-100% {2 x 125 on 3:15 Free Kick w/board {1 x 50 on 1:20 Free Kick w/board-100% {1 x 125 on 3:10 Free 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 250 on 5:45 Free-5 KOW {1 x 250 on 5:40 Free-Focus on high elbow {1 x 250 on 5:35 Free-focus on Sun Yang {1 x 250 on 5:30 Free-HB inside the flags {1 x 100 on 1:55 Free-HB 3SOW-100%
575	23 x 25 on :40 USRPT-100 Free Pace 1 on 16:00 Racing Skills-TN Turn Drills
7:31 PM	3,050 Yards - Stress Value = 100

Workout #23927 - Tuesday, 18 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
650	1x{2 x 100 on 3:00 Free Kick w/board {1 x 50 on 1:30 Free Kick w/board-100% {2 x 100 on 2:55 Free Kick w/board {2 x 50 on 1:30 Free Kick w/board-100% {1 x 100 on 2:40 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{1 x 200 on 5:45 Free-5 KOW {1 x 200 on 5:40 Free-Focus on high elbow {1 x 200 on 5:35 Free-focus on Sun Yang {1 x 200 on 5:30 Free-HB inside the flags {1 x 50 on 1:55 Free-HB 3SOW-100%
500	20 x 25 on :45 URRPT-100 Free Pace 1 on 15:00 Racing Skills-TN Turn Drills
7:30 PM	2,600 Yards - Stress Value = 86

Workout #23928 - Wednesday, 19 June 2019

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,800	1x{ BSLR 100%-Make all past 15m= - 1 X 50 {4 x 25 on :30 Kick no board BSLR {4 x 50 on :45 Kick-100% {4 x 25 on :30 Kick no board BSLR {4 x 50 on :50 Kick-100% {4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Kick-100% {4 x 25 on :30 Kick no board BSLR {4 x 50 on :45 Kick-100% {4 x 25 on :30 Kick no board BSLR {4 x 50 on :50 Kick-100% {4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Kick-100%

1,500	1x{2 x 100 on 1:20 Lungbuster pulls 2/3/4 {2 x 125 on 1:40 Lungbuster pulls 3/4/5 {2 x 150 on 2:00 Lungbuster pulls 4/5/6 {2 x 175 on 2:20 Lungbuster pulls 5/6/7 {2 x 200 on 2:40 Lungbuster pulls 6/7/8
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,600	1x{2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:10 Breast 2/3/4 PO {2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:10 Breast 2/3/4 PO {2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:10 Breast 2/3/4 PO {2 x 100 on 1:25 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:10 Breast 2/3/4 PO {2 x 100 on 1:20 75-2k1p+1to4 25 TOdrill w/fr
100	1 x 100 on 2:00 Breast OTB
500	10 x 50 on 1:00 Stroke Drills
9:15 AM	6,350 Yards - Stress Value = 108

Workout #23929 - Wednesday, 19 June 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,700	1x{ BSLR 100%-Make all past 15m= - 1 X 50 {4 x 25 on :30 Kick no board BSLR {4 x 50 on :50 Kick-100% {4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Kick-100% {4 x 25 on :30 Kick no board BSLR {4 x 50 on 1:00 Kick-100% {4 x 25 on :30 Kick no board BSLR {4 x 50 on :50 Kick-100% {4 x 25 on :30 Kick no board BSLR {4 x 50 on :55 Kick-100% {4 x 25 on :30 Kick no board BSLR {2 x 50 on 1:00 Kick-100%
1,350	1x{2 x 100 on 1:25 Lungbuster pulls 2/3/4 {2 x 125 on 1:50 Lungbuster pulls 3/4/5 {2 x 150 on 2:10 Lungbuster pulls 4/5/6 {2 x 175 on 2:30 Lungbuster pulls 5/6/7 {1 x 200 on 2:50 Lungbuster pulls 6/7/8 {1 x 50 on :40 Lungbuster pulls 6/7/8
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	1x{2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:15 Breast 2/3/4 PO {2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:15 Breast 2/3/4 PO {2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:15 Breast 2/3/4 PO {2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr {2 x 75 on 1:15 Breast 2/3/4 PO {1 x 100 on 1:25 75-2k1p+1to4 25 TOdrill w/fr
100	1 x 100 on 2:00 Breast OTB
500	10 x 50 on 1:00 Stroke Drills
9:15 AM	6,000 Yards - Stress Value = 101

Workout #23930 - Wednesday, 19 June 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 225 1 on 45:00 DS/Weights/Shower
 800 15 x 15 on :45 Racing Skills-Crossover Turns
 800 8 x 100 on 2:00 Kick on fastest interval
 breast kick unless injured, no board,
 1,500 1x{10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 1 on 15:00 Video Evaluations 1+/1- for each
 After evals, your choice of active recovery
 1,500 1x{10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 1 on 15:00 Sculling Drill/Relay
 9:15 AM 4,025 Yards - Stress Value = 325

{4 x 25 on :35 Kick no board BSLR
 {3 x 100 on 2:00 Kick-1fly 1brst 1free
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:10 Kick 1 fly 1 brst or free
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,550 1x{1 x 200 on 3:15 Individual Medley
 {4 x 25 on :30 Fly lup+1down
 {1 x 100 on 1:50 Individual Medley
 {1 x 100 on 1:40 Individual Medley
 {1 x 100 on 1:45 Individual Medley
 {1 x 50 on 1:00 Easy Free
 {1 x 200 on 3:10 Individual Medley
 {4 x 25 on :30 Back 5KOW+2
 {1 x 100 on 1:45 Individual Medley
 {1 x 100 on 1:40 Individual Medley
 {1 x 100 on 1:35 Individual Medley
 {1 x 50 on 1:00 Easy Free
 {4 x 25 on :35 Breast 2X pullouts
 {1 x 150 on 2:20 IM w/out fly
 625 25 x 25 on :35 USRPT-100 Fly Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,375 Yards - Stress Value = 119

Workout #23933 - Wednesday, 19 June 2019

Group 2 - Silver

1 minute rest between sets

Workout #23931 - Wednesday, 19 June 2019

Group 2 - IM'ers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 600 1 on 35:00 DS/Dryland
 150 1 x 600 on 9:00 SunYangFree-Count strokes
 1,200 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 2:00 Kick-1fly 1brst 1free
 {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-25fly25br25fr25cho
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,700 1x{1 x 200 on 3:00 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
 {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
 {4 x 25 on :30 Breaststroke 2X Pullouts
 {1 x 100 on 1:30 Individual Medley
 750 30 x 25 on :30 USRPT-100 Fly Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,800 Yards - Stress Value = 137

5:15 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Dryland
 150 1 x 500 on 9:00 Sun Yang Free
 1,000 1x{10 x 15 on :45 Shooters
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:15 Kick-1fly 1brst 1free
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:10 Kick-1fly 1brst 1free
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:15 Kick-your choice
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 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 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
 550 22 x 25 on :40 USRPT-100 Fly Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 4,000 Yards - Stress Value = 107

Workout #23932 - Wednesday, 19 June 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 550 1 on 35:00 DS/Dryland
 150 1 x 550 on 9:00 Sun Yang Free
 1,100 1x{10 x 15 on :45 Shooters
 {4 x 25 on :35 Kick no board BSLR
 {3 x 100 on 2:05 Kick-1fly 1brst 1free

Workout #23934 - Wednesday, 19 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 925 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:30 Kick-1fly 1brst 1free
 {4 x 25 on :40 Kick no board BSLR
 {3 x 100 on 2:25 Kick-1fly 1brst 1 free
 {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
 1,300 1x{1 x 200 on 4:20 Individual Medley
 {4 x 25 on :35 Fly lup+ldown
 {1 x 100 on 2:05 Individual Medley
 {1 x 100 on 2:00 Individual Medley
 {1 x 50 on 1:15 Easy Free
 {1 x 200 on 4:15 Individual Medley
 {4 x 25 on :35 Back 5KOW+2
 {1 x 100 on 2:00 Individual Medley
 {1 x 100 on 1:55 Individual Medley
 {1 x 50 on 1:15 Easy Free
 {1 x 200 on 4:10 Individual Medley
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Stroke Drills
 7:40 PM 3,725 Yards - Stress Value = 98

{2 x 100 on 3:00 Kick-1fly 1brst
 {4 x 25 on 1:00 Kick no board BSLR
 {2 x 100 on 3:00 Kick- 1fly 1 brst
 {4 x 25 on 1:00 Kick no board BSLR
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 200 on 6:00 Individual Medley
 {2 x 25 on 1:00 Fly lup+ldown
 {1 x 100 on 3:00 Individual Medley
 {1 x 50 on 1:30 Easy Free
 {1 x 200 on 5:55 Individual Medley
 {2 x 25 on 1:00 Back 5KOW+2
 {1 x 100 on 2:55 Individual Medley
 {1 x 50 on 1:30 Easy Free
 {2 x 25 on 1:00 Breast 2X pullouts
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,775 Yards - Stress Value = 73

Workout #23937 - Thursday, 20 June 2019

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY
 =====
 1 on 45:00 DS/Weights REC
 600 1 x 600 on 10:00 Underwater trn drill REC
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters SP3
 2,300 10x{1 x 200 on 2:55 Butterfly EN2
 {1 on :30 5 squats EN1
 {1 x 30 on :45 Undrwrtr fly kick R.5 @15 EN2
 {1 on :30 5 squats EN1
 After every 2nd round drop 200 flys by 5 s
 1,700 1x{1 x 150 on 2:05 Kick EN2
 {4 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {2 x 125 on 1:45 Kick EN2
 {6 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {3 x 100 on 1:30 Kick EN2
 {8 x 25 on :30 Alt 2nd and 3rd kicks EN2
 {4 x 75 on 1:10 Kick EN2
 {10 x 25 on :30 Alt 2nd and 3rd kicks EN2
 1,300 1x{2 x 200 on 2:40 Pulls BWFPF EN2
 {2 x 175 on 2:20 Pulls BWFPF EN2
 {2 x 150 on 2:00 Pulls BWFPF EN2
 {2 x 125 on 1:40 Pulls BWFPF EN2
 hold 1:05 base
 200 1 x 200 on 3:00 Stroke Drills REC
 9:15 AM 6,250 Yards - Stress Value = 112

Workout #23935 - Wednesday, 19 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 825 1x{4 x 25 on :45 Kick no board BSLR
 {3 x 100 on 2:45 Kick-1fly 1brst 1free
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:45 Kick-1brst 1free
 {5 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
 1,075 1x{1 x 200 on 5:00 Individual Medley
 {4 x 25 on :40 Fly lup+ldown
 {1 x 100 on 2:30 Individual Medley
 {1 x 100 on 2:25 Individual Medley
 {1 x 50 on 1:30 Easy Free
 {1 x 200 on 4:55 Individual Medley
 {4 x 25 on :40 Back 5KOW+2
 {1 x 100 on 2:25 Individual Medley
 {1 x 50 on 1:30 Easy Free
 {3 x 25 on :40 Breast 2X pullouts
 500 20 x 25 on :45 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 96

Workout #23936 - Wednesday, 19 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on 1:00 Kick no board BSLR

Workout #23938 - Thursday, 20 June 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM	Start	
600	1 on 45:00 DS/Weights	REC
600	1 x 600 on 10:00 Underwater trn drill	REC
	Odd 100's free even 100's back	
150	10 x 15 on :45 Shooters	SP3
2,300	10x{1 x 200 on 3:05 Butterfly	EN2
	{1 on :30 5 squats	EN1
	{1 x 30 on :45 Underwtr fly kick R.5 @15	EN2
	{1 on :30 5 squats	EN1
	After every 2nd round drop 200 flys by 5 s	
1,650	1x{1 x 150 on 2:15 Kick	EN2
	{4 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{2 x 125 on 1:55 Kick	EN2
	{6 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{3 x 100 on 1:35 Kick	EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
	{4 x 75 on 1:15 Kick	EN2
	{8 x 25 on :30 Alt 2nd and 3rd kicks	EN2
1,250	1x{2 x 200 on 2:50 Pulls BWFPF	EN2
	{2 x 175 on 2:30 Pulls BWFPF	EN2
	{2 x 150 on 2:10 Pulls BWFPF	EN2
	{2 x 100 on 1:25 Pulls BWFPF	EN2
	hold 1:15 base	
200	1 x 200 on 3:00 Stroke Drills	REC
9:17 AM	6,150 Yards - Stress Value = 110	

Workout #23939 - Thursday, 20 June 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
6:30 AM	Start	
225	1 on 45:00 DS/Weights/Shower	RE
1,500	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :55 200 Breast Pace*	SE
1,500	1 on 5:00 Your Choice Recovery	RE
1,500	30 x 50 on :50 200 Back Pace*	SE
1,500	1 on 5:00 Your Choice Recovery	RE
1,500	30 x 50 on :50 200 Fly Pace*	SE
1,500	1 on 5:00 Your Choice Recovery*	RE
1,500	30 x 50 on :50 200 Free Pace	SE
	All sets individualized rest. Non best set 6:0	
	set 8:00 rest	
9:29 AM	6,225 Yards - Stress Value = 609	

Workout #23940 - Thursday, 20 June 2019

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 15:00 DS/Showers	REC	L	DRY
150	1 x 400 on 5:00 Choice	REC	D	CHC
2,250	10 x 15 on :45 Shooters	SP3	S	FF
180	30 x 75 on 1:05 500 Free Pace	SP2	S	FF
	Sets of 3, #1 +2, #2 -1, #3 Recovery			
6:31 PM	9 x 20 on 3:00 Timed Underwaters-S	SP2	K	FLY
	6:31 PM 2,980 Yards - Stress Value = 249			

Workout #23941 - Thursday, 20 June 2019

Group 3 - USRPT

1 minute rest between sets

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

1	on 12:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	SP3
1	on 5:00 Video Evaluations	REC
2,250	30 x 75 on 1:05 500 Free Pace	SP2
180	9 x 20 on 3:00 Timed Underwaters-S	SP2
6:31 PM	2,655 Yards - Stress Value = 252	

Workout #23942 - Thursday, 20 June 2019

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
1,100	10 x 15 on :45 Shooters
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 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,900 Yards - Stress Value = 103

Workout #23943 - Thursday, 20 June 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
850	10 x 15 on :45 Shooters
850	1x{4 x 25 on :35 Kick no board S-12KOW+1
	{1 x 50 on 1:00 Fly Kick w/board
	{1 x 100 on 2:00 Fly Kick w/board
	{1 x 150 on 3:00 Fly Kick w/board
	{6 x 25 on :35 Kick no board S-13KOW+1
	{2 x 50 on 1:00 Fly Kick w/board
	{1 x 100 on 2:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board S-14KOW+1
	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
200	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,600 Yards - Stress Value = 98

Workout #23944 - Thursday, 20 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
800	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:10 Fly Kick w/board
	{1 x 100 on 2:20 Fly Kick w/board
	{1 x 150 on 3:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{2 x 50 on 1:10 Fly Kick w/board
	{2 x 100 on 2:20 Fly Kick w/board
	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,375 Yards - Stress Value = 84

Workout #23947 - Thursday, 20 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
800	10 x 15 on :45 Shooters
	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 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	18 x 25 on :50 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,750 Yards - Stress Value = 61

Workout #23945 - Thursday, 20 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board S-12KOW+1
	{1 x 50 on 1:15 Fly Kick w/board
	{1 x 100 on 2:30 Fly Kick w/board
	{1 x 150 on 3:45 Fly Kick w/board
	{4 x 25 on :40 Kick no board S-13KOW+1
	{3 x 50 on 1:15 Fly Kick w/board
	{1 x 100 on 2:30 Fly Kick w/board
	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,200 Yards - Stress Value = 76

Workout #23948 - Friday, 21 June 2019

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start

Yards	Set Description
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Reverse IM drill
1,800	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 250 on 3:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 225 on 3:20 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 2:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 175 on 2:30 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 125 on 1:40 Kick
	{3 x 25 on :30 Kick no board BSC
1,000	1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds
	{2 x 200 on 2:35 Pulls-nbbf&w + 2 yds
	{1 x 200 on 2:30 Pulls-nbbf&w + 2 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
3,000	3 x 1000 on 13:00 Individual Medley
400	8 x 50 on 1:00 Stroke Drills
	9:15 AM 7,150 Yards - Stress Value = 124

Workout #23946 - Thursday, 20 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
650	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board S-12KOW+1
	{1 x 50 on 1:30 Fly Kick w/board
	{1 x 100 on 3:00 Fly Kick w/board
	{1 x 150 on 4:30 Fly Kick w/board
	{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 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,000 Yards - Stress Value = 69

Workout #23949 - Friday, 21 June 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Reverse IM drill
 150 10 x 15 on :45 Shooters
 1,800 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 250 on 3:45 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 225 on 3:20 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 200 on 2:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 175 on 2:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:05 Kick
 {4 x 25 on :30 Kick no board BSLR
 {1 x 125 on 1:40 Kick
 {3 x 25 on :30 Kick no board BSC
 900 1x{2 x 200 on 2:55 Pulls-nbbf&w + 2 yds
 {2 x 200 on 2:50 Pulls-nbbf&w + 2 yds
 {1 x 100 on 1:20 Pulls-nbbf&w + 2 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,700 3 x 900 on 13:00 Individual Medley
 400 8 x 50 on 1:00 Stroke Drills
 9:15 AM 6,750 Yards - Stress Value = 116

Workout #23950 - Friday, 21 June 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs/Showers
 225 15 x 15 on :45 Racing Skills-Fly Shooters
 750 30 x 25 on :30 100 Breast Pace
 1 on 8:00 Video Evaluations 1+/1-
 750 30 x 25 on :30 100 Back Pace
 1 on 10:00 Racing Skills-TiVo Starts
 750 30 x 25 on :30 100 Fly Pace
 1 on 15:00 Tic Tac Toe Relay
 750 30 x 25 on :30 100 Free Pace
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 8:59 AM 3,525 Yards - Stress Value = 315

Workout #23951 - Monday, 24 June 2019

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,750 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 1:55 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:10 Kick

{4 x 25 on :30 Kick no board BSLR
 {5 x 50 on :45 Kick
 1,500 1x{2 x 150 on 2:00 Pulls-no br L.12/25 yds
 {2 x 150 on 1:55 Pulls-no br L.12/25 yds
 {2 x 150 on 1:50 Pulls-no br L.12/25 yds
 {2 x 150 on 1:45 Pulls-no br L.12/25 yds
 {2 x 150 on 1:40 Pulls-no br L.12/25 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 6x{1 x 400 on 4:50 Freestyle
 {1 x 100 on 1:30 Freestyle
 Each round 400 drops 5 seconds
 200 1 x 200 on 3:00 Stroke Drills
 9:14 AM 7,400 Yards - Stress Value = 157

Workout #23952 - Monday, 24 June 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,600 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:30 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 125 on 2:05 Kick
 {4 x 25 on :30 Kick no board BSLR
 {3 x 100 on 1:40 Kick
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:15 Kick
 {4 x 25 on :30 Kick no board BSLR
 {2 x 50 on :50 Kick
 1,400 1x{2 x 150 on 2:10 Pulls-no br L.12/25 yds
 {2 x 150 on 2:05 Pulls-no br L.12/25 yds
 {2 x 150 on 2:00 Pulls-no br L.12/25 yds
 {2 x 125 on 1:40 Pulls-no br L.12/25 yds
 {2 x 125 on 1:35 Pulls-no br L.12/25 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,000 6x{1 x 400 on 5:10 Freestyle
 {1 x 100 on 1:30 Freestyle
 Each round 400 drops 5 seconds
 200 1 x 200 on 3:00 Stroke Drills
 9:16 AM 7,150 Yards - Stress Value = 152

Workout #23953 - Monday, 24 June 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Showers
 225 15 x 15 on :45 Racing Skills-Free Shooters
 1,500 30 x 50 on :50 200 Fly Pace*
 1 on 5:00 Your choice active recovery
 1,500 30 x 50 on :50 200 Free Pace*
 1 on 5:00 Your choice active recovery
 1,500 30 x 50 on :55 200 Breast Pace
 1 on 5:00 Your choice active recovery
 1,500 30 x 50 on :50 200 Back Pace
 *only if time necessitates
 9:29 AM 6,225 Yards - Stress Value = 609

Workout #23954 - Monday, 24 June 2019

1 minute rest between sets

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 750 1 x 750 on 10:00 2 min easy-10/50-20/40-30/30-40/20-30/30-20/40-20/50-1 min easy
 150 10 x 15 on :45 Shooters-#1
 250 1 x 250 on 5:00 Social Kick w/board
 100 1 x 100 on 2:00 Kick for time w/ snorkel
 400 4x{1 x 50 on :01 Freestyle w/fins
 { #1-4 breaths, #2-10 KOW on turn,
 { #3 L.25 body driven stroke, #4 perfect swim
 { 1 x 50 on 2:59 Freestyle
 900 6x{1 x 50 on :40 Free-90% effort
 {1 x 25 on :01 Free kick w/snorkel
 {1 x 25 on 1:19 Fr-6bk-body driven finish
 {1 x 50 on 2:00 Freestyle
 400 8 x 50 on 1:00 Stroke Drill
 6:30 PM 2,950 Yards - Stress Value = 92

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 200 on 4:10 Breast Kick w/board
 {3 x 50 on 1:00 Breast Kick w/board
 {1 x 200 on 4:05 Breast Kick w/board
 {3 x 50 on 1:00 Breast Kick w/board
 {1 x 200 on 4:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,275 1x{1 x 200 on 3:45 Breaststroke
 {2 x 25 on :35 Breast 2X pullouts
 {2 x 175 on 3:15 Breaststroke
 {4 x 25 on :35 Breast 2X pullouts
 {3 x 150 on 2:45 Breaststroke
 {5 x 25 on :35 Breast 2X pullouts
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 98

Workout #23955 - Monday, 24 June 2019

Group 3 - USRPT

1 minute rest between sets

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

Workout #23958 - Monday, 24 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:30 Breast Kick w/board
 {3 x 50 on 1:05 Breast Kick w/board
 {1 x 200 on 4:25 Breast Kick w/board
 {3 x 50 on 1:05 Breast Kick w/board
 {1 x 150 on 3:15 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 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 {2 x 175 on 3:25 Breaststroke
 {4 x 25 on :40 Breast 2X pullouts
 {3 x 150 on 2:50 Breaststroke
 {2 x 25 on :40 Breast 2X pullouts
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,625 Yards - Stress Value = 96

Workout #23956 - Monday, 24 June 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 200 on 3:50 Breast Kick w/board
 {4 x 50 on :55 Breast Kick w/board
 {1 x 200 on 3:45 Breast Kick w/board
 {3 x 50 on :55 Breast Kick w/board
 {1 x 200 on 3:40 Breast Kick w/board
 {1 x 50 on :55 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 200 on 3:30 Breaststroke
 {2 x 25 on :30 Breast 2X pullouts
 {2 x 175 on 3:00 Breaststroke
 {4 x 25 on :30 Breast 2X pullouts
 {3 x 150 on 2:30 Breaststroke
 {6 x 25 on :30 Breast 2X pullouts
 {1 x 100 on 1:35 Breaststroke
 750 30 x 25 on :30 USRPT-100 Breast Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,200 Yards - Stress Value = 115

Workout #23957 - Monday, 24 June 2019

Group 2 - Gold

Workout #23959 - Monday, 24 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
800	1x{1 x 200 on 4:40 Breast Kick w/board { 3 x 50 on 1:10 Breast Kick w/board { 1 x 200 on 4:35 Breast Kick w/board { 3 x 50 on 1:10 Breast Kick w/board { 1 x 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
1,150	1x{1 x 200 on 4:20 Breaststroke { 2 x 25 on :40 Breast 2X pullouts { 2 x 175 on 3:45 Breaststroke { 4 x 25 on :40 Breast 2X pullouts { 3 x 150 on 3:10 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace 1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,400 Yards - Stress Value = 88

Workout #23960 - Monday, 24 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 5:15 Breast Kick w/board { 3 x 50 on 1:20 Breast Kick w/board { 1 x 200 on 5:10 Breast Kick w/board { 3 x 50 on 1:20 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 200 on 4:45 Breaststroke { 2 x 25 on :45 Breast 2X pullouts { 2 x 175 on 4:05 Breaststroke { 4 x 25 on :45 Breast 2X pullouts { 2 x 150 on 3:25 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace 1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 85

Workout #23961 - Monday, 24 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{1 x 200 on 6:00 Breast Kick w/board { 2 x 50 on 1:30 Breast Kick w/board { 1 x 200 on 5:50 Breast Kick w/board { 3 x 50 on 1:20 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
925	1x{1 x 200 on 5:15 Breaststroke { 2 x 25 on :45 Breast 2X pullouts { 2 x 175 on 4:30 Breaststroke { 4 x 25 on :45 Breast 2X pullouts { 2 x 100 on 2:30 Breaststroke { 1 x 25 on :45 Breast 2X pullouts

500	20 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,875 Yards - Stress Value = 78

Workout #23962 - Tuesday, 25 June 2019

Group 3 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
640	1x{1 on 1:00 Vertical Kick-30/30 { 4 x 40 on 1:00 15 underwater 20 sprint free { 2 on 1:00 Vertical Kick 35/25 { 4 x 40 on :55 15 undwater 20 sprint free { 3 on 1:00 Vertical Kick 40/20 { 4 x 40 on :50 15 underwater 20 sprint free { 4 on 1:00 Vertical Kick 45/15 { 4 x 40 on :45 15 underwater 20 sprint free
1,500	12 x 125 on 1:40 Pull HB 2SOW+lupto8
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes Hold 110 or faster on all 100's
2,850	1x{1 x 100 on 1:20 Backstroke { 6 x 25 on :30 Back 12yds under -1 kick { 2 x 100 on 1:20 Backstroke { 6 x 25 on :30 Back 12yds under -1 kick { 3 x 100 on 1:20 Backstroke { 6 x 25 on :30 Back 12yds under -1 kick { 4 x 100 on 1:20 Backstroke { 6 x 25 on :30 Back 12yds under -1 kick { 5 x 100 on 1:20 Backstroke { 6 x 25 on :30 Back 12yds under -1 kick { 6 x 100 on 1:20 Backstroke
200	1 x 200 on 3:00 Stroke Drills
	9:15 AM 6,140 Yards - Stress Value = 97

Workout #23963 - Tuesday, 25 June 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 640 1x{1 on 1:00 Vertical Kick-30/30
 {4 x 40 on 1:00 15 underwater 20 sprint free
 {2 on 1:00 Vertical Kick 35/25
 {4 x 40 on :55 15 undwater 20 sprint free
 {3 on 1:00 Vertical Kick 40/20
 {4 x 40 on :50 15 underwater 20 sprint free
 {4 on 1:00 Vertical Kick 45/15
 {4 x 40 on :45 15 underwater 20 sprint free
 1,375 11 x 125 on 1:50 Pull HB 2SOW+lupto8
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 Hold 117 or faster on all 100's
 2,650 1x{1 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {2 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {3 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {5 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 12yds under -1 kick
 {4 x 100 on 1:25 Backstroke
 200 1 x 200 on 3:00 Stroke Drills
 9:15 AM 5,815 Yards - Stress Value = 91

Workout #23964 - Tuesday, 25 June 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Showers
 225 15 x 15 on :45 Racing Skills-Back Shooters
 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 15:00 Racing Skills-Underwater Racing
 750 30 x 25 on :30 100 Breast Pace
 1 on 11:00 Racing Skills-TN Turn Drills
 750 30 x 25 on :30 100 Back Pace
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 9:15 AM 3,525 Yards - Stress Value = 315

Workout #23965 - Tuesday, 25 June 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 950 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:45 Fly Kick w/board
 {8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:40 Fly Kick w/board

{6 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
 1,675 1x{1 x 100 on 1:25 2 strokes fly off walls
 {1 x 75 on 1:05 3 strokes fly off walls
 {1 x 50 on :45 4 strokes fly off walls
 {1 x 25 on :30 5 strokes fly off walls
 {4 x 125 on 1:50 Fly-Descend
 {1 x 100 on 1:25 3 strokes fly off walls
 {1 x 75 on 1:05 4 strokes fly off walls
 {1 x 50 on :45 5 stokes fly off walls
 {1 x 25 on :30 6 strokes fly off walls
 {4 x 125 on 1:45 Fly-descend
 {1 x 100 on 1:25 4 strokes fly off walls
 {1 x 75 on 1:05 5 strokes fly off walls
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Undrh20 off starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,425 Yards - Stress Value = 134

Workout #23966 - Tuesday, 25 June 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 950 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 4:00 Fly Kick w/board
 {8 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:55 Fly Kick w/board
 {6 x 25 on :30 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{1 x 100 on 1:35 2 strokes fly off walls
 {1 x 75 on 1:15 3 strokes fly off walls
 {1 x 50 on :55 4 strokes fly off walls
 {1 x 25 on :35 5 strokes fly off walls
 {2 x 150 on 3:00 Butterfly
 {1 x 100 on 1:35 3 strokes fly off walls
 {1 x 75 on 1:15 4 strokes fly off walls
 {1 x 50 on :55 5 stokes fly off walls
 {1 x 25 on :35 6 strokes fly off walls
 {2 x 150 on 2:55 Butterfly
 {1 x 100 on 1:35 4 strokes fly off walls
 {1 x 75 on 1:15 5 strokes fly off walls
 {1 x 50 on :55 6 strokes fly off walls
 {1 x 25 on :35 7 strokes fly off walls
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Undrh20 off starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,925 Yards - Stress Value = 114

Workout #23967 - Tuesday, 25 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 800 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 200 on 4:30 Fly Kick w/board
 {8 x 25 on :35 Kick no board BSLRBS
 {1 x 200 on 4:25 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 100 on 1:50 2 strokes fly off walls
 {1 x 75 on 1:25 3 strokes fly off walls
 {1 x 50 on 1:00 4 strokes fly off walls
 {1 x 25 on :40 5 strokes fly off walls
 {2 x 150 on 3:30 Butterfly
 {1 x 100 on 1:50 3 strokes fly off walls
 {1 x 75 on 1:25 4 strokes fly off walls
 {1 x 50 on 1:00 5 strokes fly off walls
 {1 x 25 on :40 6 strokes fly off walls
 {2 x 150 on 3:25 Butterfly
 {1 x 50 on :55 4 strokes fly off walls
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Undrh20 off starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 107

Workout #23968 - Tuesday, 25 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 750 1x{8 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:45 Fly Kick w/board
 {8 x 25 on :40 Kick no board BSLR
 {1 x 150 on 3:25 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 100 on 2:05 2 strokes fly off walls
 {1 x 75 on 1:35 3 strokes fly off walls
 {1 x 50 on 1:05 4 strokes fly off walls
 {1 x 25 on :45 5 strokes fly off walls
 {2 x 150 on 3:45 Butterfly
 {1 x 100 on 2:05 3 strokes fly off walls
 {1 x 75 on 1:35 4 strokes fly off walls
 {1 x 50 on 1:05 5 strokes fly off walls
 {1 x 25 on :45 6 strokes fly off walls
 {1 x 150 on 3:40 Butterfly
 {1 x 100 on 2:25 Butterfly
 550 22 x 25 on :40 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Undrh20 off starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,250 Yards - Stress Value = 97

Workout #23969 - Tuesday, 25 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 650 1x{8 x 25 on :45 Kick no board BSLR

{1 x 200 on 5:30 Fly Kick w/board
 {8 x 25 on :45 Kick no board BSLR
 {1 x 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
 900 1x{1 x 100 on 2:30 2 strokes fly off walls
 {1 x 75 on 1:50 3 strokes fly off walls
 {1 x 50 on 1:15 4 strokes fly off walls
 {1 x 25 on :50 5 strokes fly off walls
 {2 x 100 on 3:00 Butterfly
 {1 x 100 on 2:30 3 strokes fly off walls
 {1 x 75 on 1:50 4 strokes fly off walls
 {1 x 50 on 1:15 5 strokes fly off walls
 {1 x 25 on :50 6 strokes fly off walls
 {2 x 100 on 3:00 Butterfly
 475 19 x 25 on :45 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Undrh20 off starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,875 Yards - Stress Value = 85

Workout #23970 - Tuesday, 25 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 200 on 8:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 50 on 2:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 100 on 3:30 2 strokes fly off walls
 {1 x 75 on 2:35 3 strokes fly off walls
 {1 x 50 on 1:45 4 strokes fly off walls
 {1 x 25 on 1:00 5 strokes fly off walls
 {1 x 100 on 4:00 Butterfly
 {1 x 100 on 3:30 3 strokes fly off walls
 {1 x 75 on 2:35 4 strokes fly off walls
 {1 x 50 on 1:45 5 strokes fly off walls
 {1 x 25 on 1:00 6 strokes fly off walls
 {1 x 100 on 4:00 Butterfly
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 1 on 10:00 Racing Skills-Undrh20 off starts
 200 1 x 200 on 4:00 Stroke Drills
 7:31 PM 2,325 Yards - Stress Value = 67

Workout #23971 - Tuesday, 25 June 2019

Group 3 - Distance

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STF
 =====
 1 on 15:00 DS/Showers REC L DRY
 400 1 x 400 on 5:00 Choice REC D CHC
 150 10 x 15 on :45 Shooters SP3 S FF
 3,000 30 x 100 on 1:25 1650 Free Pace SP2 S FF
 Sets of 5, #1& #2=, #3 GT, #5 Recovery
 120 6 x 20 on 3:00 Timed Underwaters-B SP2 K FLY
 6:32 PM 3,670 Yards - Stress Value = 318

Workout #23972 - Tuesday, 25 June 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	5:00 PM Start		
225	1 on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
	1 on 5:00 Video Evaluations-	REC	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
120	6 x 20 on 3:00 Timed Underwaters-B	SP2	
	6:32 PM 3,345 Yards - Stress Value = 321		

Workout #23973 - Wednesday, 26 June 2019

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
	6:30 AM Start
500	1 on 45:00 DS/Weights/Showers
150	20 x 25 on :30 Wednesday Warm-up
3,300	1x{10 x 15 on :45 Shooters
	{2 x 100 on 1:45 Kick
	{2 x 200 on 2:45 Lungbuster pulls
	{2 x 100 on 1:40 Kick
	{2 x 200 on 2:40 Lungbuster pulls
	{4 x 100 on 1:35 Kick
	{2 x 200 on 2:35 Lungbuster pulls
	{3 x 100 on 1:30 Kick
	{2 x 200 on 2:30 Lungbuster pulls
	{2 x 100 on 1:25 Kick
	{2 x 200 on 2:25 Lungbuster pulls
	{1 x 100 on 1:20 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	1x{3 x 150 on 2:30 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:25 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:20 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:15 2K1P w/tennis balls
250	1 x 250 on 4:00 Stroke Drills
	9:15 AM 6,650 Yards - Stress Value = 96

Workout #23974 - Wednesday, 26 June 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
	6:30 AM Start
500	1 on 45:00 DS/Weights/Showers
150	20 x 25 on :30 Wednesday Warm-up
2,700	1x{10 x 15 on :45 Shooters
	{2 x 100 on 1:50 Kick
	{2 x 200 on 2:55 Lungbuster pulls
	{2 x 100 on 1:45 Kick
	{2 x 200 on 2:50 Lungbuster pulls
	{4 x 100 on 2:45 Kick
	{2 x 200 on 2:45 Lungbuster pulls
	{3 x 100 on 1:40 Kick
	{2 x 200 on 2:40 Lungbuster pulls
	{1 x 100 on 1:35 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	1x{3 x 150 on 2:40 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:35 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{3 x 150 on 2:30 2K1P w/ tennis balls
	{6 x 25 on :40 Brst with paddles alt 2/3 PO
	{2 x 150 on 2:25 2K1P w/tennis balls

250 1 x 250 on 4:00 Stroke Drills
9:15 AM 5,900 Yards - Stress Value = 83

Workout #23975 - Wednesday, 26 June 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
	6:30 AM Start
225	1 on 45:00 DS/Weights/Shower
800	15 x 15 on :45 Racing Skills-Crossover Turns
	8 x 100 on 2:00 Kick on fastest interval
	breast kick unless injured, no board,
1,500	1x{10 x 50 on :55 200 IM Pace
	{1 on 1:00 Rest
	{10 x 50 on :55 200 IM Pace
	{1 on 1:00 Rest
	{10 x 50 on :55 200 IM Pace
	1 on 15:00 Video Evaluations 1+/1- for each
	After evals, your choice of active recovery
1,500	1x{10 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{10 x 50 on :55 400 IM Pace
	{1 on 1:00 Rest
	{10 x 50 on :55 400 IM Pace
	1 on 15:00 Sculling Drill/Relay
	9:15 AM 4,025 Yards - Stress Value = 325

Workout #23976 - Thursday, 27 June 2019

Group 3 - Fly

1 minute rest between sets

6:30 AM Start

Yards	Set Description
600	1 on 45:00 DS/Weights
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,200	1x{1 x 50 on :55 Fly w/free kick 25
	{1 x 50 on :55 Fly w/free kick 30
	{1 x 50 on :55 Fly w/free kick 40
	{1 x 50 on :55 Fly w/free kick 35
	{1 x 50 on :55 Fly w/free kick 45
	{1 x 50 on :55 Fly w/free kick 50
	{1 x 50 on :50 Fly w/free kick 25
	{1 x 50 on :50 Fly w/free kick 30
	{1 x 50 on :50 Fly w/free kick 35
	{1 x 50 on :50 Fly w/free kick 40
	{1 x 50 on :50 Fly w/free kick 45
	{1 x 50 on :50 Fly w/free kick 50
	{1 x 50 on :45 Fly w/free kick 25
	{1 x 50 on :45 Fly w/free kick 30
	{1 x 50 on :45 Fly w/free kick 35
	{1 x 50 on :45 Fly w/free kick 40
	{1 x 50 on :45 Fly w/free kick 45
	{1 x 50 on :45 Fly w/free kick 50
	{1 x 50 on :40 Fly w/free kick 25
	{1 x 50 on :40 Fly w/free kick 30
	{1 x 50 on :40 Fly w/free kick 35
	{1 x 50 on :40 Fly w/free kick 40
	{1 x 50 on :40 Fly w/free kick 45
	{1 x 50 on :40 Fly w/free kick 50
2,000	1x{2 x 125 on 2:30 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:30 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:20 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:20 Kick #3
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:10 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:10 Kick #3
800	1 x 800 on 10:00 Pulls-nbbf&w + 2 yds
	with paddles
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	1x{1 x 50 on :55 Fly w/free kick 25
	{1 x 50 on :55 Fly w/free kick 30
	{1 x 50 on :55 Fly w/free kick 40
	{1 x 50 on :55 Fly w/free kick 35
	{1 x 50 on :55 Fly w/free kick 45
	{1 x 50 on :55 Fly w/free kick 50
	{1 x 50 on :50 Fly w/free kick 25
	{1 x 50 on :50 Fly w/free kick 30
	{1 x 50 on :50 Fly w/free kick 35
	{1 x 50 on :50 Fly w/free kick 40
	{1 x 50 on :50 Fly w/free kick 45
	{1 x 50 on :50 Fly w/free kick 50
	{1 x 50 on :45 Fly w/free kick 25
	{1 x 50 on :45 Fly w/free kick 30
	{1 x 50 on :45 Fly w/free kick 35
	{1 x 50 on :45 Fly w/free kick 40
	{1 x 50 on :45 Fly w/free kick 45
	{1 x 50 on :45 Fly w/free kick 50
	{1 x 50 on :40 Fly w/free kick 25
	{1 x 50 on :40 Fly w/free kick 30
	{1 x 50 on :40 Fly w/free kick 35
	{1 x 50 on :40 Fly w/free kick 40
	{1 x 50 on :40 Fly w/free kick 45
	{1 x 50 on :40 Fly w/free kick 50
200	1 x 200 on 3:00 Stroke Drills

9:15 AM 6,350 Yards - Stress Value = 104

Workout #23977 - Thursday, 27 June 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
600	1 on 45:00 DS/Weights/Showers
	1 x 600 on 10:00 Underwater trn drill
	Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
1,050	1x{1 x 50 on 1:00 Fly w/free kick 25
	{1 x 50 on 1:00 Fly w/free kick 30
	{1 x 50 on 1:00 Fly w/free kick 35
	{1 x 50 on 1:00 Fly w/free kick 40
	{1 x 50 on 1:00 Fly w/free kick 45
	{1 x 50 on 1:00 Fly w/free kick 50
	{1 x 50 on :55 Fly w/free kick 25
	{1 x 50 on :55 Fly w/free kick 30
	{1 x 50 on :55 Fly w/free kick 35
	{1 x 50 on :55 Fly w/free kick 40
	{1 x 50 on :55 Fly w/free kick 45
	{1 x 50 on :55 Fly w/free kick 50
	{1 x 50 on :50 Fly w/free kick 25
	{1 x 50 on :50 Fly w/free kick 30
	{1 x 50 on :50 Fly w/free kick 35
	{1 x 50 on :50 Fly w/free kick 40
	{1 x 50 on :50 Fly w/free kick 45
	{1 x 50 on :50 Fly w/free kick 50
	{1 x 50 on :45 Fly w/free kick 25
	{1 x 50 on :45 Fly w/free kick 30
	{1 x 50 on :45 Fly w/free kick 35
	{1 x 50 on :45 Fly w/free kick 40
	{1 x 50 on :45 Fly w/free kick 45
	{1 x 50 on :45 Fly w/free kick 50
2,000	1x{2 x 125 on 2:30 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:30 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:20 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:20 Kick #3
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:10 Kick #2
	{4 x 25 on :30 Kick #1-100%
	{2 x 125 on 2:10 Kick #3
700	1 x 700 on 10:00 Pulls-nbbf&w + 2 yds
	with paddles
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{1 x 50 on 1:00 Fly w/free kick 25
	{1 x 50 on 1:00 Fly w/free kick 30
	{1 x 50 on 1:00 Fly w/free kick 35
	{1 x 50 on 1:00 Fly w/free kick 40
	{1 x 50 on 1:00 Fly w/free kick 45
	{1 x 50 on 1:00 Fly w/free kick 50
	{1 x 50 on :55 Fly w/free kick 25
	{1 x 50 on :55 Fly w/free kick 30
	{1 x 50 on :55 Fly w/free kick 35
	{1 x 50 on :55 Fly w/free kick 40
	{1 x 50 on :55 Fly w/free kick 45
	{1 x 50 on :55 Fly w/free kick 50
	{1 x 50 on :50 Fly w/free kick 25
	{1 x 50 on :50 Fly w/free kick 30
	{1 x 50 on :50 Fly w/free kick 35
	{1 x 50 on :50 Fly w/free kick 40
	{1 x 50 on :50 Fly w/free kick 45
	{1 x 50 on :50 Fly w/free kick 50
	{1 x 50 on :45 Fly w/free kick 25
	{1 x 50 on :45 Fly w/free kick 30
	{1 x 50 on :45 Fly w/free kick 35
	{1 x 50 on :45 Fly w/free kick 40
	{1 x 50 on :45 Fly w/free kick 45
	{1 x 50 on :45 Fly w/free kick 50
200	1 x 200 on 3:00 Stroke Drills

9:15 AM 5,950 Yards - Stress Value = 97

Workout #23978 - Thursday, 27 June 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EC
 =====
 1 on 45:00 DS/Weights/Shower RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 1,500 30 x 50 on :50 200 Free Pace SF
 1 on 5:00 Your Choice Recovery RE
 1,500 30 x 50 on :50 200 Fly Pace* SF
 1 on 5:00 Your Choice Recovery RE
 1,500 30 x 50 on :50 200 Back Pace* SF
 1 on 5:00 Your Choice Recovery* RE
 1,500 30 x 50 on :55 200 Breast Pace* SF
 All sets individualized rest. Non best set 6:00
 set 8:00 rest, make 24 in a row or finish set
 9:28 AM 6,225 Yards - Stress Value = 609

Workout #23979 - Thursday, 27 June 2019

Group 3 - Distance

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STP
 =====
 1 on 15:00 DS/Showers REC L DRY
 400 1 x 400 on 5:00 Choice REC D CHC
 150 10 x 15 on :45 Shooters SP3 S FF
 2,250 30 x 75 on 1:05 1000 Free Pace SP2 S FF
 Sets of 5, #1& #2=, #3 GT, #5 Recovery
 180 9 x 20 on 3:00 Timed Underwaters-S SP2 K FLY
 6:31 PM 2,980 Yards - Stress Value = 249

Workout #23980 - Thursday, 27 June 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 12:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooter SP3
 1 on 5:00 Video Evaluations REC
 2,250 30 x 75 on 1:05 1000 Free Pace SP2
 180 9 x 20 on 3:00 Timed Underwaters-S SP2
 6:31 PM 2,655 Yards - Stress Value = 252

Workout #23981 - Thursday, 27 June 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:45 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-6sec
 {2 x 150 on 2:45 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-5sec
 {1 x 150 on 2:45 Free Kick w/board
 {1 x 50 on 1:00 Free kick w/board-100%
 1 on 26:00 TEACH DAY-Free
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,750 Yards - Stress Value = 100

Workout #23982 - Thursday, 27 June 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-6sec
 {2 x 125 on 2:25 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-5sec
 {1 x 100 on 1:55 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board-4sec
 1 on 26:00 TEACH DAY-Free
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,650 Yards - Stress Value = 99

Workout #23983 - Thursday, 27 June 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:20 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-6sec
 {2 x 125 on 2:50 Free Kick w/board
 {1 x 100 on 2:30 Free Kick w/board-5sec
 {1 x 100 on 2:15 Free Kick w/board
 1 on 26:00 TEACH DAY-Free
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,375 Yards - Stress Value = 84

Workout #23984 - Thursday, 27 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{1 x 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 26:00 TEACH DAY-Free
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,225 Yards - Stress Value = 82

Workout #23985 - Thursday, 27 June 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
650	10 x 15 on :45 Shooters
	1x{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-100%
	1 on 26:00 TEACH DAY-Free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,050 Yards - Stress Value = 74

Workout #23986 - Thursday, 27 June 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
600	10 x 15 on :45 Shooters
	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 26:00 Teach Day
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 68

Workout #23987 - Friday, 28 June 2019

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start

Yards	Set Description
600	1 on 30:00 DS/Ted's Abs/Shower
150	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
2,250	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 1:55 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 1:50 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 1:45 Kick with flippers
	{6 x 25 on :30 Kick no board BSLR
	{3 x 150 on 1:40 Kick with flippers
1,200	1x{6 x 50 on :35 Pulls-nbbf&w + 2 yds
	{6 x 50 on :40 Pulls-nbbf&w + 4 yds
	{6 x 50 on :45 Pulls-nbbf&w + 6 yds
	{6 x 50 on :50 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,600	13x{1 x 100 on 1:15 Individual Medley
	{1 x 50 on :35 Freestyle
	{1 x 50 on :45 Freestyle
	Sammy & Evie? do the even 100 IM's
	on the 1:10

400 8 x 50 on 1:00 Stroke Drills
9:00 AM 7,400 Yards - Stress Value = 104

Workout #23988 - Friday, 28 June 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
600	1 on 30:00 DS/Ted's Abs/Shower
150	1 x 600 on 10:00 Reverse IM drill
	10 x 15 on :45 Shooters
	The entire set is with fins/All BSLR 15M
2,100	1x{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:05 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 2:00 Kick with flippers
	{4 x 25 on :30 Kick no board BSLR
	{3 x 150 on 1:55 Kick with flippers
	{6 x 25 on :30 Kick no board BSLR
	{3 x 100 on 1:15 Kick with flippers
1,050	1x{6 x 50 on :40 Pulls-nbbf&w + 2 yds
	{6 x 50 on :45 Pulls-nbbf&w + 4 yds
	{6 x 50 on :50 Pulls-nbbf&w + 6 yds
	{3 x 50 on :55 Pulls-nbbf&w + 8 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,400	12x{1 x 100 on 1:20 Individual Medley
	{1 x 50 on :40 Freestyle
	{1 x 50 on :50 Freestyle
400	8 x 50 on 1:00 Stroke Drills
	9:00 AM 6,900 Yards - Stress Value = 97

Workout #23989 - Friday, 28 June 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	1 on 30:00 DS/Ted's Abs/Showers
750	15 x 15 on :45 Racing Skills-Fly Shooters
	30 x 25 on :30 100 Free Pace
	1 on 8:00 Video Evaluations 1+/1-
750	30 x 25 on :30 100 Fly Pace
	1 on 10:00 RacingSkills-Start/Peer Coaching
750	30 x 25 on :30 100 Back Pace
	1 on 15:00 Tic Tac Toe Relay
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
	8:59 AM 3,525 Yards - Stress Value = 315

Workout #23990 - Friday, 28 June 2019

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
400	1 on 40:00 DS/Dryland	REC	I
150	4 x 100 on 2:15 SwimUSS	REC	£
1,375	10 x 15 on :45 Shooters	SP3	£
600	1x{5 x 125 on 2:20 Back alt 25's 10KOW	EN2	£
150	{3 x 50 on :55 Back-descend	EN2	£
900	{4 x 100 on 1:55 Back alt 25's 10KOW	EN2	£
900	{4 x 50 on :55 Back-descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:30 PM 2,125 Yards - Stress Value = 33			

Yards	Set Description	EGY	WORK
5:00 PM Start			
400	1 on 40:00 DS/Dryland	REC	I
150	4 x 100 on 2:15 SwimUSS	REC	£
1,175	10 x 15 on :45 Shooters	SP3	£
600	1x{5 x 125 on 2:20 Back alt 25's 10KOW	EN2	£
150	{3 x 50 on :55 Back-descend	EN2	£
900	{4 x 100 on 1:55 Back alt 25's 10KOW	EN2	£
900	{4 x 50 on :55 Back-descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:30 PM 2,125 Yards - Stress Value = 33			

Workout #23995 - Friday, 28 June 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Workout #23991 - Friday, 28 June 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC	WORK
5:00 PM Start				
400	1 on 40:00 DS/Dryland	REC		I
150	4 x 100 on 2:15 SwimUSS	REC		£
1,175	10 x 15 on :45 Shooters	SP3		£
225	1x{5 x 125 on 2:45 Back alt 25's 10KOW	EN2		£
750	{3 x 50 on 1:05 Back-descend	EN2		£
750	{4 x 100 on 2:10 Back alt 25's 10KOW	EN2		£
200	1 x 200 on 4:00 Stroke Drills	REC		I
6:30 PM 1,925 Yards - Stress Value = 29				

Yards	Set Description	EGY	WORK
5:00 PM Start			
400	1 on 40:00 DS/Dryland	REC	I
150	4 x 100 on 2:15 SwimUSS	REC	£
1,175	10 x 15 on :45 Shooters	SP3	£
225	1x{5 x 125 on 2:45 Back alt 25's 10KOW	EN2	£
750	{3 x 50 on 1:05 Back-descend	EN2	£
750	{4 x 100 on 2:10 Back alt 25's 10KOW	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:30 PM 1,925 Yards - Stress Value = 29			

Workout #23996 - Friday, 28 June 2019

Group 2 - Bronze

1 minute rest between sets

Workout #23992 - Friday, 28 June 2019

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
300	1 on 40:00 DS/Dryland	REC	I
150	4 x 75 on 2:15 SwimSS	REC	£
925	10 x 15 on :45 Shooters	SP3	£
500	1x{4 x 100 on 2:40 Back alt 25's 10KOW	EN2	£
150	{3 x 50 on 1:20 Back-descend	EN2	£
1,700	{3 x 75 on 2:00 Back at 25's 10KOW	EN2	£
1,700	{3 x 50 on 1:20 Back-descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:29 PM 1,575 Yards - Stress Value = 24			

Yards	Set Description	EGY	WORK
5:00 PM Start			
300	1 on 40:00 DS/Dryland	REC	I
150	4 x 75 on 2:15 SwimSS	REC	£
925	10 x 15 on :45 Shooters	SP3	£
500	1x{4 x 100 on 2:40 Back alt 25's 10KOW	EN2	£
150	{3 x 50 on 1:20 Back-descend	EN2	£
1,700	{3 x 75 on 2:00 Back at 25's 10KOW	EN2	£
1,700	{3 x 50 on 1:20 Back-descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:29 PM 1,575 Yards - Stress Value = 24			

Workout #23997 - Friday, 28 June 2019

Group 2 - Copper

1 minute rest between sets

Workout #23993 - Friday, 28 June 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK
5:00 PM Start			
300	1 on 40:00 DS/Dryland	REC	I
150	4 x 75 on 2:15 SwimSS	REC	£
875	10 x 15 on :45 Shooters	SP3	£
500	1x{4 x 100 on 3:00 Back alt 25's 10KOW	EN2	£
150	{3 x 50 on 1:30 Back-descend	EN2	£
1,550	{3 x 75 on 2:15 Back alt 25's 10KOW	EN2	£
1,550	{2 x 50 on 1:30 Back-Descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:31 PM 1,525 Yards - Stress Value = 23			

Yards	Set Description	EGY	WORK
5:00 PM Start			
300	1 on 40:00 DS/Dryland	REC	I
150	4 x 75 on 2:15 SwimSS	REC	£
875	10 x 15 on :45 Shooters	SP3	£
500	1x{4 x 100 on 3:00 Back alt 25's 10KOW	EN2	£
150	{3 x 50 on 1:30 Back-descend	EN2	£
1,550	{3 x 75 on 2:15 Back alt 25's 10KOW	EN2	£
1,550	{2 x 50 on 1:30 Back-Descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
6:31 PM 1,525 Yards - Stress Value = 23			

Workout #23994 - Friday, 28 June 2019

Group 2 - Silver

1 minute rest between sets

Workout #23998 - Monday, 01 July 2019

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 600 1 on 45:00 DS/Weights
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 10 x 15 on :45 Shooters
 All BSLR, 15m underwater
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 1,000 5 x 200 on 2:40 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,600 1x{4 x 150 on 1:55 Freestyle
 {1 x 600 on 7:30 Freestyle
 {4 x 125 on 1:35 Freestyle
 {1 x 500 on 6:15 Freestyle
 {4 x 100 on 1:15 Freestyle
 {1 x 400 on 5:00 Freestyle
 {4 x 75 on :55 Freestyle
 {1 x 300 on 3:45 Freestyle
 1st 25 of each repeat alt between
 12.5yds under+EBO and 6 beat kick
 200 1 x 200 on 3:00 Stroke Drills
 9:15 AM 7,250 Yards - Stress Value = 152

Workout #23999 - Monday, 01 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 600 1 on 45:00 DS/Weights
 150 1 x 600 on 10:00 Swim-kick-pull-swim
 10 x 15 on :45 Shooters
 All BSLR, 15m underwater
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Kick best effort
 1,000 5 x 200 on 2:50 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,450 1x{4 x 150 on 2:00 Freestyle
 {1 x 600 on 8:00 Freestyle
 {4 x 125 on 1:40 Freestyle
 {1 x 500 on 6:40 Freestyle
 {4 x 100 on 1:20 Freestyle
 {1 x 400 on 5:20 Freestyle
 {4 x 75 on 1:00 Freestyle
 {1 x 150 on 2:00 Freestyle
 1st 25 of each repeat alt between
 12.5yds under+EBO and 6 beat kick
 200 1 x 200 on 3:00 Stroke Drills
 9:16 AM 7,100 Yards - Stress Value = 149

Workout #24000 - Monday, 01 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Showers REC
 225 15 x 15 on :45 Racing Skills-Free Shooters SP3
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 5:00 Your choice active recovery REC
 1,500 30 x 50 on :50 200 Free Pace* SP2
 1 on 5:00 Your choice active recovery REC
 1,500 30 x 50 on :50 200 Fly Pace* SP2
 1 on 5:00 Your choice active recovery REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 *only if time necessitates
 9:29 AM 6,225 Yards - Stress Value = 609

Workout #24001 - Monday, 01 July 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:45 Fly Kick w/board
 {4 x 25 on :30 Kick no board B
 {2 x 100 on 1:50 Fly Kick w/board
 {4 x 25 on :30 Kick no board S
 {3 x 100 on 1:55 Fly Kick w/board
 {2 x 25 on :30 Kick no board LR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 6x{8 x 25 on :25 Butterfly
 {1 on 1:00 Rest
 750 30 x 25 on :30 USRPT-100 BREAST Pace
 1 on 10:00 Relay
 200 1 x 200 on 3:00 Stroke Drills
 7:30 PM 3,950 Yards - Stress Value = 124

Workout #24002 - Monday, 01 July 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:55 Fly Kick w/board
 {4 x 25 on :30 Kick no board B
 {2 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board S
 {3 x 100 on 2:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 5x{8 x 25 on :30 Butterfly
 {1 on 1:00 Rest
 625 25 x 25 on :35 USRPT-100 BREAST Pace
 1 on 10:00 Relay
 200 1 x 200 on 3:00 Stroke Drills
 7:29 PM 3,525 Yards - Stress Value = 106

Workout #24003 - Monday, 01 July 2019

7:30 PM 2,775 Yards - Stress Value = 83

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:05 Fly Kick w/board
	{2 x 25 on :35 Kick no board B
	{2 x 100 on 2:10 Fly Kick w/board
	{2 x 25 on :35 Kick no board S
	{3 x 100 on 2:15 Fly Kick w/board
	{1 x 50 on 1:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	5x{8 x 25 on :35 Butterfly
	{1 on 1:00 Rest
550	22 x 25 on :40 USRPT-100 BREAST Pace
	1 on 10:00 Relay
200	1 x 200 on 3:00 Stroke Drills
	7:33 PM 3,350 Yards - Stress Value = 98

Workout #24004 - Monday, 01 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:15 Fly Kick w/board
	{2 x 25 on :40 Kick no board B
	{2 x 100 on 2:20 Fly Kick w/board
	{2 x 25 on :40 Kick no board S
	{2 x 100 on 2:25 Fly Kick w/board
	{1 x 50 on 1:10 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	5x{8 x 25 on :35 Butterfly
	{1 on 1:00 Rest
550	22 x 25 on :40 USRPT-100 BREAST Pace
	1 on 10:00 Relay
200	1 x 200 on 3:00 Stroke Drills
	7:33 PM 3,200 Yards - Stress Value = 96

Workout #24005 - Monday, 01 July 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:35 Fly Kick w/board
	{2 x 25 on :45 Kick no board B
	{3 x 50 on 1:20 Fly Kick w/board
	{2 x 25 on :45 Kick no board S
	{2 x 100 on 2:45 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	4x{8 x 25 on :40 Butterfly
	{1 on 1:00 Rest
475	19 x 25 on :45 USRPT-100 BREAST Pace
	1 on 10:00 Relay
200	1 x 200 on 3:00 Stroke Drills

Workout #24006 - Monday, 01 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:50 Fly Kick w/board
	{2 x 25 on :45 Kick no board B
	{2 x 100 on 2:55 Fly Kick w/board
	{2 x 25 on :45 Kick no board S
	{1 x 100 on 3:00 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
800	4x{8 x 25 on :45 Butterfly
	{1 on 1:00 Rest
475	19 x 25 on :45 USRPT-100 BREAST Pace
	1 on 10:00 Relay
200	1 x 200 on 3:00 Stroke Drills
	7:32 PM 2,725 Yards - Stress Value = 83

Workout #24007 - Monday, 01 July 2019

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Racing Skills-#1 Shooters
2,700	1x{1 x 100 on :20 Kick with flippers
	{1 x 100 on :25 Kick with flippers
	{1 x 100 on :30 Kick with flippers
	{1 x 100 on :35 Kick with flippers
	{1 x 100 on :40 Kick with flippers
	{1 x 100 on :45 Kick with flippers
	{1 x 100 on :50 Kick with flippers
	{1 x 100 on :55 Kick with flippers
	{1 x 100 on 1:00 Kick with flippers
	{1 x 100 on 1:05 Kick with flippers
	{1 x 100 on 1:10 Kick with flippers
	{1 x 100 on 1:15 Kick with flippers
	{1 x 100 on 1:20 Kick with flippers
	{1 x 100 on 1:25 Kick with flippers
	{1 x 100 on 1:30 Kick with flippers
	{1 x 100 on 1:35 Kick with flippers
	{1 x 100 on 1:40 Kick with flippers
	{1 x 100 on 1:45 Kick with flippers
	{1 x 100 on 1:50 Kick with flippers
	{1 x 100 on 1:55 Kick with flippers
	{1 x 100 on 2:00 Kick with flippers
	{1 x 100 on 2:05 Kick with flippers
	{1 x 100 on 2:10 Kick with flippers
	{1 x 100 on 2:15 Kick with flippers
	{1 x 100 on 2:20 Kick with flippers
	{1 x 100 on 2:25 Kick with flippers
	{1 x 100 on 2:30 Kick with flippers
200	1 x 200 on 3:00 Stroke Drills
400	4 x 100 on 1:30 Free descend to ludicrous sp
250	1 x 250 on 4:00 Stroke Drills
	6:30 PM 4,300 Yards - Stress Value = 68

Workout #24008 - Monday, 01 July 2019

Group 3 - USRPT

1 minute rest between sets

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

Workout #24009 - Tuesday, 02 July 2019

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
600	1 on 45:00 DS/Weights/Shower	REC
150	1 x 600 on 10:00 Top Hat Drill	REC
1,800	10 x 15 on :45 Shooters	SP3
1,800	1x{ Alt 20y Tmbstn Kick 15m under	SP2
	{3 x 40 on 1:00 Kick	SP2
	{3 x 100 on 1:40 Kick w/board in DW-100%	SP2
	{3 x 40 on :55 Kick	SP2
	{3 x 100 on 1:40 Kick w/board in DW-100%	SP2
	{3 x 40 on :50 Kick	SP2
	{3 x 100 on 1:40 Kick w/board in DW-100%	SP2
	{3 x 40 on :45 Kick	SP2
	{3 x 100 on 1:40 Kick w/board in DW-100%	SP2
	{3 x 40 on :40 Kick	SP2
900	6 x 150 on 2:00 Pulls odd BTB evens BTS	SP2
200	4x{1 x 25 on :50 Sculling drills	SP2
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	SP2
	100's 10/11/12/13 KOW, 50's 12.5yds under	SP2
	off last wall	SP2
2,750	1x{3 x 150 on 2:00 Backstroke	SP2
	{1 x 100 on 2:00 Backstroke w/in 10 secs	SP2
	{3 x 150 on 1:55 Backstroke	SP2
	{1 x 100 on 2:00 Backstroke w/in 8 secs	SP2
	{3 x 150 on 1:50 Backstroke	SP2
	{1 x 100 on 2:00 Backstroke w/in 6 secs	SP2
	{3 x 150 on 1:45 Backstroke	SP2
	{1 x 100 on 2:00 Backstroke w/in 4 secs	SP2
	{3 x 150 on 1:40 Backstroke	SP2
	{1 on 1:00 Rest	SP2
	{1 x 100 on 2:00 Backstoke-New BEST Time!	SP2
300	6 x 50 on 1:00 Stroke Drills	SP2
9:15 AM 6,700 Yards - Stress Value = 133		

Workout #24010 - Tuesday, 02 July 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
600	1 on 45:00 DS/Weights/Shower	REC
150	1 x 600 on 10:00 Top Hat Drill	REC
1,800	10 x 15 on :45 Shooters	SP3
1,800	1x{ Alt 20y Tmbstn Kick 15m under	SP2
	{3 x 40 on 1:00 Kick	SP2
	{3 x 100 on 1:40 Kick w/board in DW-100%	SP2
	{3 x 40 on :55 Kick	SP2
	{3 x 100 on 1:40 Kick w/board in DW-100%	SP2
	{3 x 40 on :50 Kick	SP2
	{3 x 100 on 1:40 Kick w/board in DW-100%	SP2
	{3 x 40 on :45 Kick	SP2

	{3 x 100 on 1:40 Kick w/board in DW-100%	SP2
	{3 x 40 on :40 Kick	SP2
900	6 x 150 on 2:10 Pulls odd BTB evens BTS	SP2
200	4x{1 x 25 on :50 Sculling drills	SP2
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	SP2
	100's 10/11/12/13 KOW, 50's 12.5yds under	SP2
	off last wall	SP2
2,550	1x{2 x 150 on 2:10 Backstroke	SP2
	{1 x 125 on 1:50 Backstroke	SP2
	{1 x 100 on 2:00 Backstroke w/in 10 secs	SP2
	{2 x 150 on 2:05 Backstroke	SP2
	{1 x 125 on 1:50 Backstroke	SP2
	{1 x 100 on 2:00 Backstroke w/in 8 secs	SP2
	{2 x 150 on 2:00 Backstroke	SP2
	{1 x 100 on 1:30 Backstroke	SP2
	{1 x 100 on 2:00 Backstroke w/in 6 secs	SP2
	{2 x 150 on 1:55 Backstroke	SP2
	{1 x 100 on 1:20 Backstroke	SP2
	{1 x 100 on 2:00 Backstroke w/in 4 secs	SP2
	{2 x 150 on 1:50 Backstroke	SP2
	{1 x 100 on 1:15 Backstroke	SP2
	{1 on 1:00 Rest	SP2
	{1 x 100 on 2:00 Backstoke-New BEST Time!	SP2
300	6 x 50 on 1:00 Stroke Drills	SP2
9:16 AM 6,500 Yards - Stress Value = 128		

Workout #24011 - Tuesday, 02 July 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
6:30 AM Start		
225	1 on 45:00 DS/Weights/Showers	REC
750	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
750	1 on 8:00 Video Evaluations 1+/1-	SP2
750	30 x 25 on :30 100 Free Pace	SP2
750	1 on 15:00 Racing Skills-Underwater Racing	SP2
750	30 x 25 on :30 100 Fly Pace	SP2
750	1 on 11:00 Racing Skills-TN Turn Drills	SP2
750	30 x 25 on :30 100 Back Pace	SP2
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	SP2
	{1 on :30 Rest	SP2
	{6 x 15 on :20 Undr Wtr Fly Kck	SP2
	{1 on :30 Rest	SP2
	{4 x 15 on :15 Undr Wtr Fly Kck	SP2
	{1 on :30 Rest	SP2
	{2 x 15 on :10 Undr Wtr Fly Kck	SP2
9:15 AM 3,525 Yards - Stress Value = 315		

Workout #24012 - Tuesday, 02 July 2019

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
5:00 PM Start				
400	1 on 15:00 DS/Showers	REC	L	DRY
150	1 x 400 on 5:00 Choice	REC	D	CHC
2,700	10 x 15 on :45 Shooters	SP3	S	FF
2,700	27 x 100 on 1:25 1650 Free Pace	SP2	S	FF
	1GT, 1=, 1REC/ 2GT, 2=, 2 REC/ 3GT, 3=, 3REC/2			
	2REC/1GT, 1=, 1REC/			
140	7 x 20 on 3:00 Timed Underwaters-B	SP2	K	FLY
6:31 PM 3,390 Yards - Stress Value = 290				

Workout #24013 - Tuesday, 02 July 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 12:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooter SP3
 1 on 5:00 Video Evaluations- REC
 3,000 30 x 100 on 1:25 1650 Free Pace SP2
 120 6 x 20 on 3:00 Timed Underwaters-B SP2
 6:32 PM 3,345 Yards - Stress Value = 321

Workout #24014 - Tuesday, 02 July 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,000 1x{1 x 100 on 2:30 Free Kick w/board for time
 {1 x 150 on 2:40 Free Kick w/board
 {1 x 100 on 2:00 Free Kick w/board-6sec
 {2 x 150 on 2:40 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 1:50 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 1x{1 x 400 on 5:30 Pull-BTB
 {4 x 100 on 1:20 Free NBBF&W
 {2 x 300 on 4:10 Pulls BTS
 {3 x 100 on 1:20 Free NBBF&W
 {1 x 100 on 1:25 Pulls-no br L.12 yds
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,600 Yards - Stress Value = 137

Workout #24015 - Tuesday, 02 July 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 900 1x{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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,650 1x{1 x 400 on 5:50 Pull-BTB
 {4 x 100 on 1:30 Free NBBF&W
 {2 x 300 on 4:25 Pulls BTS
 {2 x 100 on 1:30 Free NBBF&W
 {1 x 50 on :45 Free NBBF&W
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 132

Workout #24016 - Tuesday, 02 July 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 800 1x{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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 400 on 7:00 Pull-BTB
 {3 x 100 on 1:45 Free NBBF&W
 {2 x 300 on 5:15 Pulls BTS
 {1 x 100 on 1:45 Free NBBF&W
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 112

Workout #24017 - Tuesday, 02 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:45 Free Kick w/board for time
 {1 x 150 on 3:45 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-6sec
 {2 x 125 on 3:05 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board-5sec
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 400 on 7:40 Pull-BTB
 {4 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
 625 25 x 25 on :35 USRPT-100 Free
 1 on 10:00 Racing Skills-Straight Arm Finis
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 108

Workout #24018 - Tuesday, 02 July 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 SunYangFree-Count strokes
650	10 x 15 on :45 Shooters
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-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 400 on 8:20 Pull-BTB
	{ 3 x 100 on 2:10 Free NBBF&W
	{ 1 x 300 on 6:30 Pulls BTS
	{ 1 x 100 on 2:10 Free NBBF&W
	{ 1 x 50 on 1:05 Free NBBF&W
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,200 Yards - Stress Value = 97

Workout #24019 - Tuesday, 02 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 SunYangFree-Count strokes
600	10 x 15 on :45 Shooters
1x{	1 x 100 on 3:15 Free Kick w/board for time
	{ 1 x 150 on 4:30 Free Kick w/board
	{ 1 x 100 on 3:15 Free Kick w/board-6sec
	{ 2 x 125 on 3:45 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 400 on 11:00 Pull-BTB
	{ 2 x 50 on 1:20 Free NBBF&W
	{ 1 x 300 on 8:15 Pulls BTS
	{ 2 x 50 on 1:20 Free NBBF&W
500	20 x 25 on :45 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Straight Arm Finis
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 86

Workout #24020 - Wednesday, 03 July 2019

Group 3 - Fly

1 minute rest between sets

6:30 AM Start

Yards	Set Description
500	1 on 45:00 DS/Weights
150	20 x 25 on :30 Wednesday Warm-up
1,900	10 x 15 on :45 Shooters
1x{	1 x 200 on 3:20 Kick
	{ 4 x 25 on :45 Sprint kick
	{ 2 x 175 on 2:50 Kick
	{ 4 x 25 on :40 Sprint kick
	{ 3 x 150 on 2:20 Kick
	{ 4 x 25 on :35 Sprint kick
	{ 4 x 125 on 1:55 Kick
	{ 4 x 25 on :30 Sprint Kick
1,100	22 x 50 on :45 Lungbuster pulls
	breathe 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	9x{3 x 50 on :40 3-4-5-6 strokes fly off walls

{1 x 100 on 2:00 Fly Drill
3rd one every 3rd set whole stroke fly
200 1 x 200 on 3:00 Stroke Drills
9:15 AM 6,300 Yards - Stress Value = 102

Workout #24021 - Wednesday, 03 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
500	1 on 45:00 DS/Weights
150	20 x 25 on :30 Wednesday Warm-up
1,800	10 x 15 on :45 Shooters
1x{	1 x 200 on 3:35 Kick
	{ 4 x 25 on :45 Sprint kick
	{ 2 x 175 on 3:05 Kick
	{ 4 x 25 on :40 Sprint kick
	{ 3 x 150 on 2:35 Kick
	{ 4 x 25 on :35 Sprint kick
	{ 4 x 125 on 2:05 Kick
1,100	22 x 50 on :45 Lungbuster pulls
	breathe 3-5-7-9 continuous
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,250	9x{3 x 50 on :45 3-4-5-6 strokes fly off walls
	{ 1 x 100 on 2:00 Fly Drill
	3rd one every 3rd set whole stroke fly
200	1 x 200 on 3:00 Stroke Drills
	9:18 AM 6,200 Yards - Stress Value = 100

Workout #24022 - Wednesday, 03 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	1 on 45:00 DS/Weights/Shower
800	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	8 x 100 on 2:00 Kick on fastest interval
	breast kick unless injured, no board,
1x{	10 x 50 on :55 200 IM Pace
	{ 1 on 1:00 Rest
	{ 10 x 50 on :55 200 IM Pace
	{ 1 on 1:00 Rest
	{ 10 x 50 on :55 200 IM Pace
	1 on 15:00 Video Evaluations 1+/1- for each
	After evals, your choice of active recovery
	Team Competition for the 400 IM
1,500	1x{10 x 50 on :55 400 IM Pace
	{ 1 on 1:00 Rest
	{ 10 x 50 on :55 400 IM Pace
	{ 1 on 1:00 Rest
	{ 10 x 50 on :55 400 IM Pace
	1 on 15:00 Sculling Drill/Relay
	9:15 AM 4,025 Yards - Stress Value = 325

Workout #24023 - Wednesday, 03 July 2019

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
450	1 on 35:00 DS/Dryland
150	18 x 25 on :30 Wednesday Warm-up
950	10 x 15 on :45 Shooters
1x{	1 x 100 on 1:50 Streamline Kick on back
	{ 2 x 50 on 1:00 Alt 25 kick on each side
	{ 2 x 100 on 1:50 Streamline Kick on back
	{ 2 x 50 on 1:00 Alt 25 kick on each side
	{ 3 x 100 on 1:50 Streamline Kick on back
	{ 1 x 50 on 1:00 Alt 25 kick on each side
	{ 1 x 100 on 1:50 Streamline Kick on back
	1 on 26:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,600 Yards - Stress Value = 100

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
375	1 on 35:00 DS/Dryland
150	15 x 25 on :35 Wednesday Warm-up
750	10 x 15 on :45 Shooters
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
	{ 2 x 100 on 2:20 Streamline Kick on back
	{ 1 x 50 on 1:20 Alt 25 kick on each side
	1 on 26:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,200 Yards - Stress Value = 83

Workout #24024 - Wednesday, 03 July 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
450	1 on 35:00 DS/Dryland
150	18 x 25 on :30 Wednesday Warm-up
850	10 x 15 on :45 Shooters
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 26:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,500 Yards - Stress Value = 98

Workout #24027 - Wednesday, 03 July 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
300	1 on 35:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up
650	10 x 15 on :45 Shooters
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 26:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
	1 x 200 on 4:00 Stroke Drills
7:30 PM	1,950 Yards - Stress Value = 74

Workout #24025 - Wednesday, 03 July 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
375	1 on 35:00 DS/Dryland
150	15 x 25 on :35 Wednesday Warm-up
800	10 x 15 on :45 Shooters
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 26:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,250 Yards - Stress Value = 84

Workout #24028 - Wednesday, 03 July 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
300	1 on 35:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up
600	10 x 15 on :45 Shooters
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 26:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
475	19 x 25 on :45 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
	1 x 200 on 4:00 Stroke Drills
7:30 PM	1,825 Yards - Stress Value = 66

Workout #24026 - Wednesday, 03 July 2019

Workout #24029 - Wednesday, 03 July 2019

1 minute rest between sets

Group 3 - Distance

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STP
 =====
 1 on 15:00 DS/Showers REC L DRY
 400 1 x 400 on 5:00 Choice REC D CHC
 150 10 x 15 on :45 Shooters SP3 S FF
 2,250 30 x 75 on 1:05 500 Free Pace SP2 S FF
 1GT, 1=, 1REC/ 2GT, 2=, 2 REC/ 3GT, 3=, 3REC/2
 2REC/1GT, 1=, 1REC/
 180 9 x 20 on 3:00 Timed Underwaters-S SP2 K FLY
 6:31 PM 2,980 Yards - Stress Value = 249

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:25 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:40 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick

Workout #24030 - Wednesday, 03 July 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 12:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooter SP3
 1 on 5:00 Video Evaluations REC
 2,250 30 x 75 on 1:05 500 Free Pace SP2
 180 9 x 20 on 3:00 Timed Underwaters-S SP2
 6:31 PM 2,655 Yards - Stress Value = 252

1,500 1x{6 x 50 on :40 Pulls
 {6 x 50 on :45 Pulls
 {6 x 50 on :50 Pulls
 {6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,350 1x{6 x 125 on 2:00 100 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {6 x 100 on 1:35 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {6 x 75 on 1:10 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {3 x 50 on :45 25 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 200 1 x 200 on 3:00 Stroke Drills
 9:15 AM 6,200 Yards - Stress Value = 59

Workout #24031 - Thursday, 04 July 2019

Group 3 - Breast

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 1,200 1x{1 x 100 on 1:25 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:30 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 {1 x 100 on 1:35 Kick your best kick
 {2 x 50 on 1:00 Kick your 2nd best kick
 {2 x 50 on 1:05 Kick your 3rd best kick
 1,500 1x{6 x 50 on :40 Pulls
 {6 x 50 on :45 Pulls
 {6 x 50 on :50 Pulls
 {6 x 50 on :55 Pulls
 {6 x 50 on 1:00 Pulls
 { Break Outs in sets of 2 (shoulders/hips/kne
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{6 x 125 on 1:50 100 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {6 x 100 on 1:30 75 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {6 x 75 on 1:05 50 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 {6 x 50 on :40 25 Breast 25 Free
 {4 x 25 on :30 Breast Drill
 200 1 x 200 on 3:00 Stroke Drills
 9:15 AM 6,350 Yards - Stress Value = 60

Workout #24033 - Thursday, 04 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY
 =====
 1 on 45:00 DS/Weights/Shower RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 1,500 30 x 50 on :50 200 Free Pace* SF
 1 on 5:00 Your Choice Recovery RE
 1,500 30 x 50 on :55 200 Breast Pace* SF
 1 on 5:00 Your Choice Recovery RE
 1,500 30 x 50 on :50 200 Back Pace* SF
 1 on 5:00 Your Choice Recovery* RE
 1,500 30 x 50 on :50 200 Fly Pace* SF
 All sets individualized rest. Non best set 6:0
 set 8:00 rest, make 24 in a row or finish set
 9:29 AM 6,225 Yards - Stress Value = 609

Workout #24032 - Thursday, 04 July 2019

Group 3 - Gold

Workout #24034 - Friday, 05 July 2019

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs/Showers
 1,000 1x{2 x 100 on 2:00 Reverse IM drill
 {2 x 100 on 1:50 Reverse IM drill
 {2 x 100 on 1:40 Reverse IM drill
 {2 x 100 on 1:30 Reverse IM drill
 {2 x 100 on 1:20 Reverse IM drill
 150 10 x 15 on :45 Racing Skills-Crossover Shoot
 1,600 1x{4 x 100 on 1:25 Kick
 {1 x 200 on 3:00 Kick
 {3 x 100 on 1:30 Kick
 {1 x 200 on 3:00 Kick
 {2 x 100 on 1:35 Kick
 {1 x 200 on 3:00 Kick
 {1 x 100 on 1:40 Kick
 1,200 1x{4 x 50 on :40 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:20 Pulls
 {4 x 50 on :50 Pulls-nbbf&w + 3 yds
 {1 x 200 on 2:25 Pulls
 {4 x 50 on :40 Pulls-nbbf&w + 4 yds
 {1 x 200 on 2:30 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 grt finishes
 3,000 1x{4 x 100 on 1:10 Individual Medley
 {1 on 1:00 Rest
 {4 x 125 on 1:30 IM w/50 free
 {1 on 1:00 Rest
 {4 x 150 on 1:45 IM 25,25 50, 50
 {1 on 1:00 Rest
 {4 x 175 on 2:05 IM 25, 50, 50, 50
 {1 on 1:00 Rest
 {4 x 200 on 2:30 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 9:00 AM 7,350 Yards - Stress Value = 124

Workout #24035 - Friday, 05 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs/Showers
 1,000 1x{2 x 100 on 2:00 Reverse IM drill
 {2 x 100 on 1:50 Reverse IM drill
 {2 x 100 on 1:40 Reverse IM drill
 {2 x 100 on 1:30 Reverse IM drill
 {2 x 100 on 1:20 Reverse IM drill
 150 10 x 15 on :45 Racing Skills-Crossover Shoot
 1,300 1x{4 x 100 on 1:40 Kick
 {1 x 200 on 3:15 Kick
 {3 x 100 on 1:45 Kick
 {1 x 200 on 3:15 Kick
 {2 x 100 on 1:50 Kick
 1,100 1x{4 x 50 on :45 Pulls-nbbf&w + 2 yds
 {1 x 200 on 2:40 Pulls
 {4 x 50 on :45 Pulls-nbbf&w + 3 yds
 {1 x 200 on 2:45 Pulls
 {4 x 50 on :45 Pulls-nbbf&w + 4 yds
 {1 x 100 on 1:25 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,750 1x{3 x 100 on 1:20 Individual Medley
 {1 on 1:00 Rest
 {4 x 125 on 1:40 IM w/50 free
 {1 on 1:00 Rest
 {3 x 150 on 2:00 IM 25,25 50, 50
 {1 on 1:00 Rest
 {4 x 175 on 2:20 IM 25, 50, 50, 50
 {1 on 1:00 Rest

{4 x 200 on 2:40 Individual Medley
 200 1 x 200 on 3:00 Stroke Drills
 9:00 AM 6,700 Yards - Stress Value = 111

Workout #24036 - Friday, 05 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Ted's Abs/Showers
 225 15 x 15 on :45 Racing Skills-Fly Shooters
 750 30 x 25 on :30 100 Free Pace
 750 1 on 8:00 Video Evaluations 1+/1-
 750 30 x 25 on :30 100 Breast Pace
 750 1 on 10:00 RacingSkills-Start/Peer Coaching
 750 30 x 25 on :30 100 Back Pace
 750 1 on 15:00 Tic Tac Toe Relay
 750 30 x 25 on :30 100 Fly Pace
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 8:59 AM 3,525 Yards - Stress Value = 315

Workout #24037 - Friday, 05 July 2019

Group 2 - Breast

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS/Dryland REC L DF
 500 4 x 125 on 2:15 SwimUSS REC D CM
 150 10 x 15 on :45 Shooters SP3 S E
 1,150 1x{1 x 50 on :55 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:20 Breast L.25 2k1p EN2 S E
 {3 x 100 on 1:40 Breast L.25 2k1p EN2 S E
 {1 x 150 on 2:25 Breast L.25 2k1p EN2 S E
 {3 x 100 on 1:35 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:10 Breast L.25 2k1p EN2 S E
 {1 x 50 on :45 Breast L.25 2k1p EN2 S E
 100 1 x 100 on 4:00 100 Breast OTB SP2 S E
 200 1 x 200 on 4:00 Stroke Drills REC D C
 6:28 PM 2,100 Yards - Stress Value = 39

Workout #24038 - Friday, 05 July 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK ST
 =====
 1 on 40:00 DS/Dryland REC L DF
 500 4 x 125 on 2:15 SwimUSS REC D CM
 150 10 x 15 on :45 Shooters SP3 S E
 950 1x{1 x 50 on 1:05 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:35 Breast L.25 2k1p EN2 S E
 {3 x 100 on 2:05 Breast L.25 2k1p EN2 S E
 {1 x 100 on 2:00 Breast L.25 2k1p EN2 S E
 {2 x 75 on 1:25 Breast L.25 2k1p EN2 S E
 {4 x 50 on :55 Breast L.25 2k1p EN2 S E
 100 1 x 100 on 4:00 100 Breast OTB SP2 S E
 200 1 x 200 on 4:00 Stroke Drills REC D C
 6:28 PM 1,900 Yards - Stress Value = 35

Workout #24039 - Friday, 05 July 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	DF
400	4 x 100 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
850	1x{1 x 50 on 1:15 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 1:45 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 2:15 Breast L.25 2k1p	EN2	S	F
	{1 x 100 on 2:10 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 1:35 Breast L.25 2k1p	EN2	S	F
	{2 x 50 on 1:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:28 PM	1,700 Yards - Stress Value = 33			

Workout #24043 - Friday, 05 July 2019

Group 3 - Speed Acquisition

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 15:00 DS>Showers			
600	1 x 600 on 10:00 Choice			
180	12 x 15 on :45 Start/Shooter/Finish			
2,000	1x{16 x 50 on :45 Freestyle every 4th one 100%			
	{12 x 50 on :50 Freestyle every 3rd one 100%			
	{8 x 50 on :55 Freestyle every 2nd one 100%			
	{4 x 50 on 1:00 Freestyle all 100%			
500	10 x 50 on 1:00 Stroke Drills			
100	1 x 100 on 3:00 Your Choice OTB			
250	1 x 250 on 4:00 Stroke Drills			
6:30 PM	3,630 Yards - Stress Value = 59			

Workout #24040 - Friday, 05 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	DF
400	4 x 100 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
800	1x{1 x 50 on 1:15 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 1:50 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 2:30 Breast L.25 2k1p	EN2	S	F
	{1 x 100 on 2:25 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 1:45 Breast L.25 2k1p	EN2	S	F
	{1 x 50 on 1:10 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:29 PM	1,650 Yards - Stress Value = 32			

Workout #24044 - Friday, 05 July 2019

Group 3 - USRPT

1 minute rest between sets

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

Workout #24041 - Friday, 05 July 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	DF
300	4 x 75 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
650	1x{1 x 50 on 1:30 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 2:15 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 3:00 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 2:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:28 PM	1,400 Yards - Stress Value = 29			

Workout #24042 - Friday, 05 July 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	DF
300	4 x 75 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
500	1x{1 x 50 on 2:00 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 3:00 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 4:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:29 PM	1,250 Yards - Stress Value = 26			

Workout #24045 - Monday, 08 July 2019

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All BSLR 15m underwater
 1,500 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:25 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:35 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 1,200 6 x 200 on 2:35 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,600 1x{4 x 150 on 1:55 Freestyle
 {1 x 600 on 7:30 Freestyle
 {4 x 125 on 1:35 Freestyle
 {1 x 500 on 6:15 Freestyle
 {4 x 100 on 1:15 Freestyle
 {1 x 400 on 5:00 Freestyle
 {4 x 75 on :55 Freestyle
 {1 x 300 on 3:45 Freestyle
 On sets of 4
 1st 3 of each set-1st 25 6bk-90% effort
 last one of each hold at 1:05 base
 137/121/105/49
 Longer swims-least amount of strokes possik
 200 1 x 200 on 3:00 Stroke Drills
 9:15 AM 7,450 Yards - Stress Value = 154

Workout #24046 - Monday, 08 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All BSLR 15m underwater
 1,400 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:40 Kick best effort
 1,050 6 x 175 on 2:35 Pulls-no br L.12 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 3,400 1x{4 x 150 on 2:00 Freestyle
 {1 x 600 on 8:00 Freestyle
 {4 x 125 on 1:40 Freestyle
 {1 x 500 on 6:40 Freestyle
 {4 x 100 on 1:20 Freestyle
 {1 x 400 on 5:20 Freestyle
 {4 x 75 on 1:00 Freestyle
 {1 x 100 on 1:20 Freestyle
 On sets of 4
 1st 3 of each set-1st 25 6bk-90% effort
 last one of each hold at 1:10 base
 145/128/110/52

Longer swims-least amount of strokes possik
 200 1 x 200 on 3:00 Stroke Drills
 9:15 AM 7,000 Yards - Stress Value = 146

Workout #24047 - Monday, 08 July 2019

Taper 1 - Freestylers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 400 1 x 400 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All BSLR 15m underwater
 800 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:25 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:30 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:35 Kick best effort
 600 3 x 200 on 2:35 Pulls-no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,925 1x{3 x 150 on 1:55 Freestyle
 {1 x 400 on 5:00 Freestyle
 {3 x 125 on 1:35 Freestyle
 {1 x 400 on 5:00 Freestyle
 {3 x 100 on 1:15 Freestyle
 On sets of 3
 1st 2 of each set-1st 25 6bk-90% effort
 last one of each hold at 1:05 base
 137/121/105
 Longer swims-least amount of strokes possik
 200 1 x 200 on 3:00 Stroke Drills
 8:31 AM 4,175 Yards - Stress Value = 87

Workout #24048 - Monday, 08 July 2019

Taper 1 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 400 1 x 400 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 All BSLR 15m underwater
 750 1x{4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:40 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:45 Kick best effort
 {4 x 25 on :30 Kick no board BSLR
 {1 x 50 on :50 Kick best effort
 525 3 x 175 on 2:35 Pulls-no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,825 1x{3 x 150 on 2:00 Freestyle
 {1 x 400 on 5:20 Freestyle
 {3 x 125 on 1:40 Freestyle
 {1 x 300 on 4:00 Freestyle
 {3 x 100 on 1:20 Freestyle
 On sets of 3
 1st 2 of each set-1st 25 6bk-90% effort
 last one of each hold at 1:10 base
 145/128/110
 Longer swims-least amount of strokes possik
 200 1 x 200 on 3:00 Stroke Drills
 8:31 AM 3,950 Yards - Stress Value = 81

Workout #24049 - Monday, 08 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EGY
 =====
 1 on 45:00 DS/Weights/Showers REC
 225 15 x 15 on :45 Racing Skills-Free Shooters SP3
 1,500 30 x 50 on :50 200 Free Pace* SP2
 1 on 5:00 Your choice active recovery REC
 1,500 30 x 50 on :50 200 Fly Pace* SP2
 1 on 5:00 Your choice active recovery REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 5:00 Your choice active recovery REC
 1,500 30 x 50 on :55 200 Breast Pace SP2
 *only if time necessitates
 9:28 AM 6,225 Yards - Stress Value = 609

150 10 x 15 on :45 Shooters
 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,750 1x{1 x 250 on 3:20 Freestyle BTintoW
 {1 x 250 on 3:25 Free-3KOW
 {1 x 250 on 3:30 Freestyle 5KOW-100%
 {1 x 100 on 2:00 EZ Free
 {1 x 300 on 4:10 Freestyle BTintoW
 {1 x 300 on 4:05 Freestyle HB 3SOW
 {1 x 300 on 4:00 Freestyle HB 4SOW-100%
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,450 Yards - Stress Value = 132

Workout #24050 - Monday, 08 July 2019

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 500 2x{1 x 150 on 2:30 2min swim :30sec to wall EN2
 {4 x 25 on :45 Sprint IM order SP3
 150 10 x 15 on :45 Spinners SP3
 All Drills are at least two drills &
 all three 50's must be different
 1,200 1x{1 x 150 on :01 Free L.25 5 breaths SP2
 {1 on 2:59 Rest
 {3 x 50 on 1:00 Stroke Drills REC
 {1 x 125 on :01 Free L.25 4 breaths SP2
 {1 x 25 on 2:59 Freestyle REC
 {3 x 50 on 1:00 Stroke Drills REC
 {1 x 100 on :01 Free L.25 3 breaths SP2
 {1 x 50 on 2:59 Freestyle REC
 {3 x 50 on 1:00 Stroke Drills REC
 {1 x 75 on :01 Free L.25 2 breaths SP2
 {1 x 75 on 2:59 Freestyle REC
 {3 x 50 on 1:00 Stroke Drills REC
 200 1 x 200 on 3:00 Stroke Drills REC
 6:04 PM 2,050 Yards - Stress Value = 65

Workout #24053 - Monday, 08 July 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS/Dryland REC
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 875 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
 {3 x 25 on :40 Tombstone Kicking
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,600 1x{1 x 225 on 3:20 Freestyle BTintoW
 {1 x 225 on 3:25 Free-3KOW
 {1 x 225 on 3:30 Freestyle 5KOW-100%
 {1 x 100 on 2:00 EZ Free
 {1 x 275 on 4:10 Freestyle BTintoW
 {1 x 275 on 4:05 Freestyle HB 3SOW
 {1 x 275 on 4:00 Freestyle HB 4SOW-100%
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,225 Yards - Stress Value = 129

Workout #24051 - Monday, 08 July 2019

Group 3 - USRPT

1 minute rest between sets

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

Workout #24052 - Monday, 08 July 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description EGY
 =====
 1 on 35:00 DS/Dryland REC
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP

Workout #24054 - Monday, 08 July 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,325 1x{1 x 200 on 3:20 Freestyle BTintoW
 {1 x 200 on 3:25 Free-3KOW
 {1 x 200 on 3:30 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 {1 x 225 on 4:10 Freestyle BTintoW
 {1 x 225 on 4:05 Freestyle HB 3SOW
 {1 x 225 on 4:00 Freestyle HB 4SOW-100%
 750 30 x 25 on :30 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,825 Yards - Stress Value = 121

Workout #24055 - Monday, 08 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:00 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,175 1x{1 x 175 on 3:20 Freestyle BTintoW
 {1 x 175 on 3:25 Free-3KOW
 {1 x 175 on 3:30 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 {1 x 200 on 4:10 Freestyle BTintoW
 {1 x 200 on 4:05 Freestyle HB 3SOW
 {1 x 200 on 4:00 Freestyle HB 4SOW-100%
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,500 Yards - Stress Value = 108

Workout #24056 - Monday, 08 July 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{1 x 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

1,025 1x{1 x 150 on 3:20 Freestyle BTintoW
 {1 x 150 on 3:25 Free-3KOW
 {1 x 150 on 3:30 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 {1 x 175 on 4:10 Freestyle BTintoW
 {1 x 175 on 4:05 Freestyle HB 3SOW
 {1 x 175 on 4:00 Freestyle HB 4SOW-100%
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,025 Yards - Stress Value = 94

Workout #24057 - Monday, 08 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 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
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 875 1x{1 x 125 on 3:20 Freestyle BTintoW
 {1 x 125 on 3:25 Free-3KOW
 {1 x 125 on 3:30 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 {1 x 150 on 4:10 Freestyle BTintoW
 {1 x 150 on 4:05 Freestyle HB 3SOW
 {1 x 150 on 4:00 Freestyle HB 4SOW-100%
 475 19 x 25 on :45 USRPT-100 Free Pace
 1 on 10:00 Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,725 Yards - Stress Value = 81

Workout #24058 - Monday, 01 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:05 Fly Kick w/board
 {2 x 25 on :35 Kick no board B
 {1 x 100 on 2:10 Fly Kick w/board
 {2 x 25 on :35 Kick no board S
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 450 3x{6 x 25 on :35 Butterfly
 {1 on 1:00 Rest
 275 11 x 25 on :40 USRPT-100 BREAST Pace
 200 1 x 200 on 3:00 Stroke Drills
 6:49 PM 1,925 Yards - Stress Value = 51

Workout #24059 - Monday, 01 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :40 Kick no board BSLR {1 x 100 on 2:15 Fly Kick w/board {2 x 25 on :40 Kick no board B {1 x 100 on 2:20 Fly Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	3x{6 x 25 on :35 Butterfly {1 on 1:00 Rest
275	11 x 25 on :40 USRPT-100 BREAST Pace
200	1 x 200 on 3:00 Stroke Drills
6:49 PM	1,925 Yards - Stress Value = 50

Yards	Set Description
5:15 PM	Start
375	1 on 35:00 DS/Dryland
150	15 x 25 on :35 Wednesday Warm-up
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 1:15 Alt 25 kick on each side
100	1 on 26:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
300	12 x 25 on :35 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:14 PM	1,575 Yards - Stress Value = 45

Workout #24060 - Tuesday, 02 July 2019

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
400	1x{1 x 100 on 2:45 Free Kick w/board for time {1 x 150 on 3:20 Free Kick w/board {1 x 100 on 2:30 Free Kick w/board-6sec {1 x 50 on 1:05 Free Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	1x{1 x 200 on 3:30 Pull-BTB {1 x 50 on :50 Free NBBF&W {1 x 300 on 5:15 Pulls BTS {1 x 50 on :50 Free NBBF&W
300	12 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
6:47 PM	2,100 Yards - Stress Value = 56

Yards	Set Description
5:15 PM	Start
375	1 on 35:00 DS/Dryland
150	15 x 25 on :35 Wednesday Warm-up
450	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 {1 x 50 on 1:20 Alt 25 kick on each side
100	1 on 26:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
300	12 x 25 on :35 USRPT-100 Back Pace
200	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
7:14 PM	1,575 Yards - Stress Value = 45

Workout #24064 - Friday, 05 July 2019

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 2:45 Free Kick w/board for time {1 x 50 on 1:15 Free Kick w/board {1 x 100 on 2:45 Free Kick w/board-6sec {1 x 50 on 1:15 Free Kick w/board {1 x 50 on 1:15 Free Kick w/board-FAST
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{1 x 200 on 3:50 Pull-BTB {1 x 100 on 1:55 Free NBBF&W {1 x 150 on 2:50 Pulls BTS {1 x 100 on 1:55 Free NBBF&W
300	12 x 25 on :35 USRPT-100 Free
200	1 x 200 on 4:00 Stroke Drills
6:47 PM	1,950 Yards - Stress Value = 54

Yards	Set Description	EGY	WORK	ST
5:00 PM	Start			
200	1 on 40:00 DS/Dryland	REC	L	DF
150	2 x 100 on 2:15 SwimUSS	REC	D	CM
450	1x{10 x 15 on :45 Shooters {1 x 50 on 1:15 Breast L.25 2k1p {1 x 75 on 1:45 Breast L.25 2k1p {1 x 100 on 2:15 Breast L.25 2k1p {1 x 100 on 2:10 Breast L.25 2k1p {1 x 75 on 1:35 Breast L.25 2k1p {1 x 50 on 1:00 Breast L.25 2k1p	SP3	S	F
100	1 x 100 on 3:00 100 Breast OTB	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	EN2	S	F
200	1 x 200 on 4:00 Stroke Drills	EN2	S	F
6:14 PM	1,100 Yards - Stress Value = 24	SP1	S	F
		REC	D	C

Workout #24062 - Wednesday, 03 July 2019

Taper 1 - Silver

1 minute rest between sets

Workout #24065 - Friday, 05 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
600	1 on 40:00 DS/Dryland	REC	L	DF
200	2 x 100 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
400	1x{1 x 50 on 1:15 Breast L.25 2k1p	EN2	S	F
	{1 x 75 on 1:50 Breast L.25 2k1p	EN2	S	F
	{1 x 100 on 2:30 Breast L.25 2k1p	EN2	S	F
	{1 x 100 on 2:25 Breast L.25 2k1p	EN2	S	F
	{1 x 75 on 1:45 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 3:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:14 PM 1,050 Yards - Stress Value = 25				

Yards	Set Description
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Top Hat Drill
700	10 x 15 on :45 Shooters
600	7 x 100 on 1:45 Kick-odds 100%
200	1x{20 x 30 on 1:00 15m BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 20y flutter Kick BSLR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,500	5x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:30 Backstroke-7KOW
	{1 x 100 on 1:25 Backstroke-5KOW
	{1 x 100 on 1:20 Backstroke-3KOW
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
9:15 AM 5,000 Yards - Stress Value = 79	

Workout #24066 - Tuesday, 09 July 2019

Group 3 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Top Hat Drill
700	10 x 15 on :45 Shooters
600	7 x 100 on 1:45 Kick-odds 100%
200	1x{20 x 30 on 1:00 15m BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 20y flutter Kick BSLR
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,750	5x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:25 Backstroke-7KOW
	{1 x 100 on 1:20 Backstroke-5KOW
	{1 x 100 on 1:15 Backstroke-3KOW
	{1 x 100 on 1:30 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
9:15 AM 5,250 Yards - Stress Value = 79	

Workout #24069 - Tuesday, 09 July 2019

Taper 1 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
400	1 on 45:00 DS/Weights
150	1 x 400 on 10:00 Top Hat Drill
300	10 x 15 on :45 Shooters
300	3 x 100 on 1:45 Kick-odds 100%
100	1x{10 x 30 on 1:00 15m BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 20y flutter Kick BSLR
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,500	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:30 Backstroke-7KOW
	{1 x 100 on 1:25 Backstroke-5KOW
	{1 x 100 on 1:20 Backstroke-3KOW
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
8:34 AM 3,000 Yards - Stress Value = 45	

Workout #24067 - Tuesday, 09 July 2019

Taper 1 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
400	1 on 45:00 DS/Weights
150	1 x 400 on 10:00 Top Hat Drill
300	10 x 15 on :45 Shooters
300	3 x 100 on 1:45 Kick-odds 100%
300	1x{10 x 30 on 1:00 15m BSLR underwater
	{ Vertical Kick (Fr) for 20 kIcks
	{ 20y flutter Kick BSLR
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	3x{4 x 25 on :45 Bathtub Drill with fins
	{1 x 100 on 1:25 Backstroke-7KOW
	{1 x 100 on 1:20 Backstroke-5KOW
	{1 x 100 on 1:15 Backstroke-3KOW
	{1 x 100 on 1:30 Freestyle
	{1 x 50 on 2:00 Back-100%, min 8 KOW
250	1 x 250 on 4:00 Stroke Drills
8:34 AM 3,150 Yards - Stress Value = 45	

Workout #24070 - Tuesday, 09 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
225	1 on 45:00 DS/Weights/Showers
750	15 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 100 Free Pace
750	1 on 8:00 Video Evaluations 1+/1-
750	30 x 25 on :30 100 Fly Pace
750	1 on 15:00 Racing Skills-Underwater Racing
750	30 x 25 on :30 100 Back Pace
750	1 on 11:00 Racing Skills-Spinners
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
9:15 AM 3,525 Yards - Stress Value = 315	

Workout #24068 - Tuesday, 09 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Workout #24071 - Tuesday, 09 July 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 950 1x{6 x 25 on :30 Kick no board B
 {1 x 200 on 3:45 Streamline Kick on Back
 {6 x 25 on :30 Kick no board B
 {1 x 200 on 3:45 Kick on Rt Side-Face up
 {4 x 25 on :30 Kick no board B
 {1 x 150 on 2:45 Kick on Lt Side-Face up
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,550 1x{1 x 200 on 3:05 Backstroke
 {4 x 50 on :50 Back-3/4/5/6 KOW
 {1 x 200 on 3:00 Backstroke
 {4 x 50 on :50 Back-3/4/5/6 KOW
 {1 x 200 on 2:55 Backstroke
 {4 x 50 on :50 Back-3/4/5/6 KOW
 {1 x 200 on 2:45 Backstroke
 {3 x 50 on :50 Back-4/5/6 KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 131

Workout #24072 - Tuesday, 09 July 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 950 1x{6 x 25 on :30 Kick no board B
 {1 x 200 on 3:55 Streamline Kick on Back
 {6 x 25 on :30 Kick no board B
 {1 x 200 on 3:55 Kick on Rt Side-Face up
 {6 x 25 on :30 Kick no board B
 {1 x 100 on 1:55 Kick on Lt Side-Face up
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{1 x 200 on 3:20 Backstroke
 {4 x 50 on :55 Back-3/4/5/6 KOW
 {1 x 200 on 3:15 Backstroke
 {4 x 50 on :55 Back-3/4/5/6 KOW
 {1 x 200 on 3:10 Backstroke
 {4 x 50 on :55 Back-3/4/5/6 KOW
 {1 x 200 on 3:05 Backstroke
 {1 x 50 on :55 Back-6 KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,150 Yards - Stress Value = 129

Workout #24073 - Tuesday, 09 July 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 850 1x{6 x 25 on :35 Kick no board B
 {1 x 200 on 4:15 Streamline Kick on Back
 {6 x 25 on :35 Kick no board B

{1 x 200 on 4:15 Kick on Rt Side-Face up
 {6 x 25 on :35 Kick no board B
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{1 x 200 on 3:45 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 200 on 3:40 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 200 on 3:35 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 100 on 1:45 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,725 Yards - Stress Value = 111

Workout #24074 - Tuesday, 09 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 750 1x{6 x 25 on :40 Kick no board B
 {1 x 200 on 4:30 Streamline Kick on Back
 {6 x 25 on :40 Kick no board B
 {1 x 200 on 4:30 Kick on Rt Side-Face up
 {2 x 25 on :40 Kick no board B
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 4:00 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 200 on 3:55 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 200 on 3:50 Backstroke
 {5 x 50 on 1:00 Back-3/4/5/6/7 KOW
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 101

Workout #24075 - Tuesday, 09 July 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 625 1x{4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board B
 {1 x 150 on 4:30 Kick on Rt Side-Face up
 {5 x 25 on :45 Kick no board B
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 150 on 4:00 Backstroke
 {3 x 50 on 1:15 Back-3/4/5 KOW
 {1 x 150 on 3:55 Backstroke
 {3 x 50 on 1:15 Back-3/4/5 KOW
 {1 x 150 on 3:50 Backstroke
 {3 x 50 on 1:15 Back-3/4/5 KOW
 {1 x 100 on 2:00 Backstroke
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,025 Yards - Stress Value = 93

Workout #24076 - Tuesday, 09 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on 1:00 Kick no board B
 {1 x 150 on 4:30 Streamline Kick on Back
 {4 x 25 on 1:00 Kick no board B
 {1 x 150 on 4:30 Kick on Rt Side-Face up
 {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
 800 1x{1 x 150 on 4:30 Backstroke
 {3 x 50 on 1:30 Back-3/4/5 KOW
 {1 x 150 on 4:25 Backstroke
 {3 x 50 on 1:30 Back-3/4/5 KOW
 {1 x 150 on 4:20 Backstroke
 {1 x 50 on 1:30 Back-3/4/5 KOW
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,700 Yards - Stress Value = 88

200 1 x 200 on 4:00 Stroke Drills
 6:50 PM 2,075 Yards - Stress Value = 55

Workout #24079 - Monday, 08 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 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
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 200 on 3:20 Freestyle BTintoW
 {1 x 200 on 3:25 Free-3KOW
 {1 x 200 on 3:30 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 375 15 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:50 PM 2,225 Yards - Stress Value = 64

Workout #24077 - Tuesday, 09 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :35 Kick no board B
 {1 x 100 on 2:10 Streamline Kick on Back
 {4 x 25 on :35 Kick no board B
 {1 x 100 on 2:10 Kick on Rt Side-Face up
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 100 on 1:55 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 100 on 1:50 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 100 on 1:45 Backstroke
 300 12 x 25 on :35 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:49 PM 2,200 Yards - Stress Value = 58

Workout #24080 - Monday, 08 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{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
 {1 x 50 on 1:05 Free Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 575 1x{1 x 175 on 3:20 Freestyle BTintoW
 {1 x 175 on 3:25 Free-3KOW
 {1 x 175 on 3:30 Freestyle 5KOW-100%
 {1 x 50 on 2:00 EZ Free
 300 12 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:49 PM 2,025 Yards - Stress Value = 56

Workout #24078 - Tuesday, 09 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on :40 Kick no board B
 {1 x 100 on 2:15 Streamline Kick on Back
 {2 x 25 on :40 Kick no board B
 {1 x 100 on 2:15 Streamline Kick on Back
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 100 on 2:00 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 100 on 2:00 Backstroke
 {4 x 50 on 1:00 Back-3/4/5/6 KOW
 {1 x 100 on 1:55 Backstroke
 275 11 x 25 on :40 USRPT-100 Back Pace

Workout #24081 - Tuesday, 09 July 2019

Group 3 - Distance

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STF
 =====
 1 on 15:00 DS/Showers REC L DR
 400 1 x 400 on 5:00 Choice REC D CHC
 150 10 x 15 on :45 Shooters SP3 S FF
 1,500 15 x 100 on 1:20 1650 Free Pace SP2 S FF
 Interval should be 5 sec faster then normal
 60 3 x 20 on 3:00 Timed Underwaters-B SP2 K FLY
 6:00 PM 2,110 Yards - Stress Value = 162

Workout #24082 - Tuesday, 09 July 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
	1 on 5:00 Video Evaluations-	REC	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
120	6 x 20 on 3:00 Timed Underwaters-B	SP2	
6:32 PM	3,345 Yards - Stress Value = 321		

Workout #24083 - Wednesday, 10 July 2019

Group 3 - Breast

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
500	1 on 45:00 DS/Weights/Shower
150	20 x 25 on :30 Wednesday Warm-ups
1,750	1x{5 x 50 on :45 Kick
	{2 x 100 on 2:00 Kick 2 weakest kicks
	{4 x 50 on :45 Kick
	{2 x 100 on 1:55 Kick 2 weakest kicks
	{3 x 50 on :45 Kick
	{2 x 100 on 1:50 Kick 2 weakest kicks
	{2 x 50 on :45 Kick
	{2 x 100 on 1:45 Kick 2 weakest kicks
	{1 x 50 on :45 Kick
	{2 x 100 on 1:40 Kick 2 weakest kicks
1,000	20 x 50 on :45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,060	1x{5 x 100 on 1:30 Breaststroke
	{2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
	{4 x 100 on 1:30 Breaststroke
	{3 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
	{3 x 100 on 1:30 Breaststroke
	{4 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
	{2 x 100 on 1:30 Breaststroke
	{5 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
	{1 x 100 on 1:30 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
9:15 AM	6,060 Yards - Stress Value = 109

Workout #24084 - Wednesday, 10 July 2019

Taper 1 - Breast

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
300	12 x 25 on :30 Wednesday Warm-ups
150	10 x 15 on :45 Shooters
950	1x{2 x 50 on :45 Kick
	{1 x 100 on 2:00 Kick 2 weakest kicks
	{2 x 50 on :45 Kick
	{1 x 100 on 1:55 Kick 2 weakest kicks
	{2 x 50 on :45 Kick
	{1 x 100 on 1:50 Kick 2 weakest kicks
	{2 x 50 on :45 Kick
	{1 x 100 on 1:45 Kick 2 weakest kicks
	{1 x 50 on :45 Kick
	{1 x 100 on 1:40 Kick 2 weakest kicks
500	10 x 50 on :45 Lungbuster pulls
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,520	1x{2 x 100 on 1:30 Breaststroke
	{2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
	{4 x 100 on 1:30 Breaststroke

{2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
{3 x 100 on 1:30 Breaststroke
{2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
{2 x 100 on 1:30 Breaststroke
{2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
{1 x 100 on 1:30 Breaststroke
1 x 250 on 4:00 Stroke Drills
8:32 AM 3,770 Yards - Stress Value = 70

Workout #24085 - Wednesday, 10 July 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
500	1 on 45:00 DS/Weights/Shower
150	20 x 25 on :30 Wednesday Warm-ups
1,650	1x{5 x 50 on :50 Kick
	{2 x 100 on 2:00 Kick 2 weakest kicks
	{4 x 50 on :50 Kick
	{2 x 100 on 1:55 Kick 2 weakest kicks
	{3 x 50 on :50 Kick
	{2 x 100 on 1:50 Kick 2 weakest kicks
	{2 x 50 on :50 Kick
	{2 x 100 on 1:45 Kick 2 weakest kicks
	{1 x 50 on :50 Kick
	{1 x 100 on 1:40 Kick 2 weakest kicks
1,000	20 x 50 on :45 Lungbuster pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,920	1x{5 x 100 on 1:40 Breaststroke
	{2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
	{4 x 100 on 1:40 Breaststroke
	{3 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
	{3 x 100 on 1:40 Breaststroke
	{4 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
	{2 x 100 on 1:40 Breaststroke
	{4 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
400	8 x 50 on 1:00 Stroke Drills
9:15 AM	5,820 Yards - Stress Value = 104

Workout #24086 - Wednesday, 10 July 2019

Taper 1 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 300 1 on 45:00 DS/Weights
 150 12 x 25 on :30 Wednesday Warm-ups
 150 10 x 15 on :45 Shooters
 850 1x{2 x 50 on :50 Kick
 {1 x 100 on 2:00 Kick 2 weakest kicks
 {2 x 50 on :50 Kick
 {1 x 100 on 1:55 Kick 2 weakest kicks
 {2 x 50 on :50 Kick
 {1 x 100 on 1:50 Kick 2 weakest kicks
 {2 x 50 on :50 Kick
 {1 x 100 on 1:45 Kick 2 weakest kicks
 {1 x 50 on :50 Kick
 500 10 x 50 on :45 Lungbuster pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,380 1x{2 x 100 on 1:40 Breaststroke
 {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {4 x 100 on 1:40 Breaststroke
 {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {3 x 100 on 1:40 Breaststroke
 {2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 {2 x 100 on 1:40 Breaststroke
 {1 x 40 on 1:00 20BR w/fly kick/20 Free Sprir
 250 1 x 250 on 4:00 Stroke Drills
 8:31 AM 3,530 Yards - Stress Value = 65

After evals, your choice of active recovery
 Team Competition for the 400 IM

1,500 1x{10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 1 on 15:00 Sculling Drill/Relay
 9:15 AM 4,025 Yards - Stress Value = 325

Workout #24089 - Wednesday, 10 July 2019

Taper 1 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 225 1 on 45:00 DS/Weights/Shower
 400 15 x 15 on :45 Racing Skills-Crossover Turns
 400 4 x 100 on 2:00 Kick on fastest interval
 breast kick unless injured, no board,
 750 1x{5 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {5 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {5 x 50 on :55 200 IM Pace
 1 on 15:00 Video Evaluations 1+/1- for each
 After evals, your choice of active recovery
 Team Competition for the 400 IM
 750 1x{5 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {5 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {5 x 50 on :55 400 IM Pace
 1 on 15:00 Sculling Drill/Relay
 8:39 AM 2,125 Yards - Stress Value = 167

Workout #24087 - Tuesday, 09 July 2019

Taper 1 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Showers F
 225 15 x 15 on :45 Racing Skills-Back Shooters E
 375 15 x 25 on :30 100 Free Pace E
 1 on 8:00 Video Evaluations 1+/1- F
 375 15 x 25 on :30 100 Fly Pace E
 1 on 15:00 Racing Skills-Underwater Racing F
 375 15 x 25 on :30 100 Back Pace E
 1 on 11:00 Racing Skills-Spinners E
 375 15 x 25 on :30 100 Breast Pace E
 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
 8:47 AM 2,025 Yards - Stress Value = 167

Workout #24088 - Wednesday, 10 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Shower
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 800 8 x 100 on 2:00 Kick on fastest interval
 breast kick unless injured, no board,
 1,500 1x{10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 1 on 15:00 Video Evaluations 1+/1- for each

Workout #24090 - Thursday, 11 July 2019

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 600 1 on 45:00 DS/Weights
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 900 1x{3 x 100 on 1:30 Fly 3 strokes off each wall
 {3 x 100 on 1:25 Fly 3 strokes off each wall
 {2 x 100 on 1:20 Fly 3 strokes off each wall
 {1 x 100 on 1:15 3 strokes off each wall
 1,100 1x{2 x 125 on 2:10 25 tombstone kick 100 free k
 {3 x 100 on 1:45 25 tombstone kick 75 free ki
 {4 x 75 on 1:20 25 tombstone kick 50 free kic
 {5 x 50 on :55 25 tombstone kick 25 free kick
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 1:30 Fly 4 strokes off each wall
 {3 x 100 on 1:25 Fly 4 strokes off each wall
 {2 x 100 on 1:20 Fly 4 strokes off each wall
 {1 x 100 on 1:15 4 strokes off each wall
 1,200 1x{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {3 x 50 on :35 Pulls
 {2 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {3 x 50 on :35 Pulls
 {3 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {3 x 50 on :35 Pulls
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 900 1x{3 x 100 on 1:30 Fly 5 strokes off each wall
 {3 x 100 on 1:25 Fly 5 strokes off each wall
 {2 x 100 on 1:20 Fly 5 strokes off each wall
 {1 x 100 on 1:15 5 strokes off each wall
 400 8 x 50 on 1:00 Stroke Drills
 9:15 AM 6,450 Yards - Stress Value = 102

Workout #24091 - Thursday, 11 July 2019

Taper 1 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 400 1 on 45:00 DS/Weights
 1 x 400 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 1:30 Fly 3 strokes off each wall
 {2 x 100 on 1:25 Fly 3 strokes off each wall
 {2 x 100 on 1:20 Fly 3 strokes off each wall
 {1 x 100 on 1:15 3 strokes off each wall
 350 1x{1 x 125 on 2:10 25 tombstone kick 100 free k
 {1 x 100 on 1:45 25 tombstone kick 75 free ki
 {1 x 75 on 1:20 25 tombstone kick 50 free kic
 {1 x 50 on :55 25 tombstone kick 25 free kick
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{1 x 100 on 1:30 Fly 4 strokes off each wall
 {2 x 100 on 1:25 Fly 4 strokes off each wall
 {2 x 100 on 1:20 Fly 4 strokes off each wall
 {1 x 100 on 1:15 4 strokes off each wall
 500 1x{1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 50 on :35 Pulls
 {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 50 on :35 Pulls
 {1 x 125 on 1:45 Pulls-nbbf&w + 2 yds
 {1 x 25 on :35 Pulls
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 600 1x{1 x 100 on 1:30 Fly 5 strokes off each wall
 {2 x 100 on 1:25 Fly 5 strokes off each wall
 {2 x 100 on 1:20 Fly 5 strokes off each wall

{1 x 100 on 1:15 5 strokes off each wall
 200 1 x 200 on 3:00 Stroke Drills
 8:34 AM 3,650 Yards - Stress Value = 56

Workout #24092 - Thursday, 11 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 600 1 on 45:00 DS/Weights
 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 850 1x{3 x 100 on 1:35 Fly 3 strokes off each wall
 {2 x 100 on 1:30 Fly 3 strokes off each wall
 {2 x 100 on 1:25 Fly 3 strokes off each wall
 {3 x 50 on :40 3 strokes off each wall
 1,100 1x{2 x 125 on 2:10 25 tombstone kick 100 free k
 {3 x 100 on 1:45 25 tombstone kick 75 free ki
 {4 x 75 on 1:20 25 tombstone kick 50 free kic
 {5 x 50 on :55 25 tombstone kick 25 free kick
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 850 1x{3 x 100 on 1:35 Fly 4 strokes off each wall
 {2 x 100 on 1:30 Fly 4 strokes off each wall
 {2 x 100 on 1:25 Fly 4 strokes off each wall
 {3 x 50 on :40 4 strokes off each wall
 1,050 1x{1 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 {3 x 50 on :45 Pulls
 {2 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 {3 x 50 on :40 Pulls
 {3 x 125 on 1:50 Pulls-nbbf&w + 2 yds
 150 3x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 850 1x{3 x 100 on 1:35 Fly 5 strokes off each wall
 {2 x 100 on 1:30 Fly 5 strokes off each wall
 {2 x 100 on 1:25 Fly 5 strokes off each wall
 {3 x 50 on :40 5 strokes off each wall
 400 8 x 50 on 1:00 Stroke Drills
 9:15 AM 6,150 Yards - Stress Value = 96

Workout #24093 - Thursday, 11 July 2019

Taper 1 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EC
400	1 on 45:00 DS/Weights 1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back	SE
150	10 x 15 on :45 Shooters	SE
600	1x{1 x 100 on 1:35 Fly 3 strokes off each wall 2 x 100 on 1:30 Fly 3 strokes off each wall 2 x 100 on 1:25 Fly 3 strokes off each wall 1 x 100 on 1:20 3 strokes off each wall	SE
350	1x{1 x 125 on 2:10 25 tombstone kick 100 free k 1 x 100 on 1:45 25 tombstone kick 75 free ki 1 x 75 on 1:20 25 tombstone kick 50 free kic 1 x 50 on :55 25 tombstone kick 25 free kick	SE
150	3x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes	SE
600	1x{1 x 100 on 1:35 Fly 4 strokes off each wall 2 x 100 on 1:30 Fly 4 strokes off each wall 2 x 100 on 1:25 Fly 4 strokes off each wall 1 x 100 on 1:20 4 strokes off each wall	SE
475	1x{1 x 125 on 1:50 Pulls-nbbf&w + 2 yds 1 x 50 on :45 Pulls 1 x 125 on 1:50 Pulls-nbbf&w + 2 yds 1 x 50 on :40 Pulls 1 x 125 on 1:50 Pulls-nbbf&w + 2 yds	SE
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes	SE
600	1x{1 x 100 on 1:35 Fly 5 strokes off each wall 2 x 100 on 1:30 Fly 5 strokes off each wall 2 x 100 on 1:25 Fly 5 strokes off each wall 1 x 100 on 1:20 5 strokes off each wall	SE
200	1 x 200 on 3:00 Stroke Drills	SE
8:34 AM 3,625 Yards - Stress Value = 56		

Workout #24094 - Thursday, 11 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EC
225	1 on 45:00 DS/Weights/Shower	RE
1,500	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :50 200 Fly Pace	SE
1,500	1 on 5:00 Your Choice Recovery	RE
1,500	30 x 50 on :50 200 Free Pace	SE
1,500	1 on 5:00 Your Choice Recovery	RE
1,500	30 x 50 on :55 200 Breast Pace	SE
1,500	1 on 5:00 Your Choice Recovery	RE
1,500	30 x 50 on :50 200 Back Pace	SE
Each is a set of 16-adjustments will be made i All sets individualized rest. Non best set 6:0 set 8:00 rest, make 24 in a row or finish set		
9:29 AM 6,225 Yards - Stress Value = 609		

Workout #24095 - Thursday, 11 July 2019

Taper 1 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EC
225	1 on 45:00 DS/Weights/Shower	RE
750	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	15 x 50 on :50 200 Fly Pace	SE
750	1 on 5:00 Your Choice Recovery	RE
750	15 x 50 on :50 200 Free Pace	SE
750	1 on 5:00 Your Choice Recovery	RE
750	15 x 50 on :55 200 Breast Pace	SE
750	1 on 5:00 Your Choice Recovery	RE

750	15 x 50 on :50 200 Back Pace	SE
Each is a set of 16-adjustments will be made i All sets individualized rest. Non best set 6:0 set 8:00 rest, make 24 in a row or finish set		
8:38 AM 3,225 Yards - Stress Value = 309		

Workout #24096 - Thursday, 11 July 2019

Group 3 - Distance

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STP
400	1 on 15:00 DS/Showers	REC	L	DRY
150	1 x 400 on 5:00 Choice	REC	D	CHC
1,125	10 x 15 on :45 Shooters	SP3	S	FF
1,125	15 x 75 on 1:05 500 Free Pace	SP2	S	FF
Interval should be 5 seconds faster then norma				
80	4 x 20 on 3:00 Timed Underwaters-S	SP2	K	FLY
6:00 PM 1,755 Yards - Stress Value = 126				

Workout #24097 - Thursday, 11 July 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
225	1 on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
2,250	1 on 5:00 Video Evaluations	REC	
180	30 x 75 on 1:05 500 Free Pace	SP2	
180	9 x 20 on 3:00 Timed Underwaters-S	SP2	
6:31 PM 2,655 Yards - Stress Value = 252			

Workout #24098 - Thursday, 11 July 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EC
600	1 on 35:00 DS/Dryland	RE
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3	SE
100	10 x 15 on :45 Shooters	SE
100	1 on 26:00 TEACH DAY-Breast	RE
750	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks	SE
750	30 x 25 on :30 USRPT-100 Breast Pace	SE
950	1 on 10:00 Racing Skills-Starts w/pullouts	SE
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	SE
200	1 x 200 on 4:00 Stroke Drills	SE
7:30 PM 2,750 Yards - Stress Value = 100		

Workout #24099 - Thursday, 11 July 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Starts w/pullouts
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 2,475 Yards - Stress Value = 85	

Workout #24100 - Thursday, 11 July 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
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 { 3 x 50 on 1:10 Breast Pull
	{ 1 x 100 on 2:20 Breast Kick w/board
	{ 3 x 50 on 1:10 Breast Pull
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,300 Yards - Stress Value = 77	

Workout #24101 - Thursday, 11 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
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 2,200 Yards - Stress Value = 76	

Workout #24102 - Thursday, 11 July 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
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 { 1 x 50 on 1:25 Breast Pull
	{ 2 x 100 on 2:50 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 1,950 Yards - Stress Value = 69	

Workout #24103 - Thursday, 11 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
150	1 x 300 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Breast
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
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 { 2 x 50 on 2:00 Breast Pull
200	1 x 200 on 4:00 Stroke Drills
7:31 PM 1,625 Yards - Stress Value = 54	

Workout #24104 - Thursday, 11 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Breast
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
400	1x{1 x 50 on 1:10 Breast Kick w/board { 1 x 50 on 1:10 Breast Pull { 2 x 75 on 1:45 Breast Kick w/board { 1 x 50 on 1:10 Breast Pull
	{ 1 x 100 on 2:20 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:12 PM 1,475 Yards - Stress Value = 42	

Workout #24105 - Thursday, 11 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Breast
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
275	11 x 25 on :40 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Low Profile Turns
400	1x{1 x 50 on 1:15 Breast Kick w/board {1 x 50 on 1:15 Breast Pull {2 x 75 on 1:55 Breast Kick w/board {1 x 50 on 1:15 Breast Pull
	{1 x 100 on 2:30 Breast Kick w/board
200	1 x 200 on 4:00 Stroke Drills
	7:13 PM 1,425 Yards - Stress Value = 42

Workout #24106 - Friday, 12 July 2019

Group 3 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 15:00 DS/Showers
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
2,800	1x{1 x 100 on 1:25 Individual Medley {6 x 75 on 1:10 Fly-25L 25R 25 B {2 x 100 on 1:20 Individual Medley {6 x 75 on 1:10 Back 25L 25R 25B {3 x 100 on 1:15 Individual Medley {6 x 75 on 1:15 Brst 25FlK 25FrK 25Rk {4 x 100 on 1:10 Individual Medley {6 x 75 on 1:05 Fr 25sclsdfst25catchup25reg
1,300	1x{2 x 200 on 2:40 Pulls-nbbf&w + 2 yds {2 x 175 on 2:20 Pulls-nbbf&w + 2 yds {2 x 150 on 2:00 Pulls-nbbf&w + 2 yds {2 x 125 on 1:40 Pulls-nbbf&w + 2 yds
2,100	1x{6 x 25 on :30 Kick no board B {1 x 200 on 3:00 Kick {6 x 25 on :30 Kick no board S {2 x 175 on 2:40 Kick {6 x 25 on :30 Kick no board L {3 x 150 on 2:15 Kick {6 x 25 on :30 Kick no board R {4 x 125 on 1:50 Kick
200	1 x 200 on 3:00 Stroke Drills
	9:15 AM 7,150 Yards - Stress Value = 117

Workout #24107 - Friday, 12 July 2019

Taper 1 - IM'ers

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 15:00 DS/Showers
400	1 x 400 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,500	1x{1 x 100 on 1:25 Individual Medley {2 x 75 on 1:10 Fly-25L 25R 25 B {2 x 100 on 1:20 Individual Medley {2 x 75 on 1:10 Back 25L 25R 25B {3 x 100 on 1:15 Individual Medley {2 x 75 on 1:15 Brst 25FlK 25FrK 25Rk {3 x 100 on 1:10 Individual Medley {2 x 75 on 1:05 Fr 25sclsdfst25catchup25reg
650	1x{1 x 200 on 2:40 Pulls-nbbf&w + 2 yds

	{1 x 175 on 2:20 Pulls-nbbf&w + 2 yds	F
	{1 x 150 on 2:00 Pulls-nbbf&w + 2 yds	F
	{1 x 125 on 1:40 Pulls-nbbf&w + 2 yds	F
1,050	1x{4 x 25 on :30 Kick no board B	F
	{1 x 200 on 3:00 Kick	F
	{4 x 25 on :30 Kick no board S	F
	{1 x 175 on 2:40 Kick	F
	{4 x 25 on :30 Kick no board L	F
	{1 x 150 on 2:15 Kick	F
	{4 x 25 on :30 Kick no board R	F
	{1 x 125 on 1:50 Kick	F
200	1 x 200 on 3:00 Stroke Drills	F
	8:29 AM 3,950 Yards - Stress Value = 64	

Workout #24108 - Friday, 12 July 2019

Group 3 - Gold

1 minute rest between sets

7:00 AM Start

Yards	Set Description
	1 on 15:00 DS/Showers
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
2,575	1x{1 x 100 on 1:35 Individual Medley {6 x 75 on 1:15 Fly-25L 25R 25 B {2 x 100 on 1:30 Individual Medley {6 x 75 on 1:15 Back 25L 25R 25B {3 x 100 on 1:25 Individual Medley {4 x 75 on 1:20 Brst 25FlK 25FrK 25Rk {4 x 100 on 1:20 Individual Medley {5 x 75 on 1:10 Fr 25sclsdfst25catchup25reg
1,250	1x{2 x 200 on 2:50 Pulls-nbbf&w + 2 yds {2 x 175 on 2:30 Pulls-nbbf&w + 2 yds {2 x 150 on 2:10 Pulls-nbbf&w + 2 yds {2 x 100 on 1:25 Pulls-nbbf&w + 2 yds
1,950	1x{6 x 25 on :30 Kick no board B {1 x 200 on 3:20 Kick {6 x 25 on :30 Kick no board S {2 x 175 on 2:55 Kick {6 x 25 on :30 Kick no board L {3 x 150 on 2:30 Kick {4 x 25 on :30 Kick no board R {4 x 100 on 1:40 Kick
200	1 x 200 on 3:00 Stroke Drills
	9:15 AM 6,725 Yards - Stress Value = 110

Workout #24109 - Friday, 12 July 2019

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WOF
7:00 AM	Start		
=====	=====	=====	=====
	1 on 20:00 DS>Showers	REC	
400	1 x 400 on 10:00 Reverse IM drill	REC	
150	10 x 15 on :45 Shooters	SP3	
1,350	1x{1 x 100 on 1:35 Individual Medley	EN2	
	{2 x 75 on 1:15 Fly-25L 25R 25 B	EN2	
	{2 x 100 on 1:30 Individual Medley	EN2	
	{2 x 75 on 1:15 Back 25L 25R 25B	EN2	
	{3 x 100 on 1:25 Individual Medley	EN2	
	{2 x 75 on 1:20 Brst 25FlK 25FrK 25Rk	EN2	
	{3 x 100 on 1:20 Individual Medley	EN2	
625	1x{1 x 200 on 2:50 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 175 on 2:30 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 150 on 2:10 Pulls-nbbf&w + 2 yds	EN1	
	{1 x 100 on 1:25 Pulls-nbbf&w + 2 yds	EN1	
1,000	1x{4 x 25 on :30 Kick no board B	EN2	
	{1 x 200 on 3:20 Kick	EN2	
	{4 x 25 on :30 Kick no board S	EN2	
	{1 x 175 on 2:55 Kick	EN2	
	{4 x 25 on :30 Kick no board L	EN2	
	{1 x 150 on 2:30 Kick	EN2	
	{4 x 25 on :30 Kick no board R	EN2	
	{1 x 75 on 1:15 Kick	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
8:34 AM	3,725 Yards - Stress Value = 61		

{3 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {1 x 15 on :10 Undr Wtr Fly Kck
 8:47 AM 1,875 Yards - Stress Value = 164

Workout #24112 - Friday, 05 July 2019

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	SI
5:00 PM	Start			
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	DF
250	2 x 125 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
500	1x{1 x 50 on 1:05 Breast L.25 2k1p	EN2	S	F
	{1 x 75 on 1:35 Breast L.25 2k1p	EN2	S	F
	{1 x 100 on 2:05 Breast L.25 2k1p	EN2	S	F
	{1 x 100 on 2:00 Breast L.25 2k1p	EN2	S	F
	{1 x 75 on 1:25 Breast L.25 2k1p	EN2	S	F
	{2 x 50 on :55 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:15 PM	1,200 Yards - Stress Value = 27			

Workout #24113 - Monday, 08 July 2019

Taper 1 - Freestylers

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
450	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
	{2 x 25 on :40 Tombstone Kicking
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 250 on 3:20 Freestyle BTintoW
	{1 x 250 on 3:25 Free-3KOW
	{1 x 250 on 3:30 Freestyle 5KOW-100%
	{1 x 100 on 2:00 EZ Free
375	15 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
6:50 PM	2,575 Yards - Stress Value = 68

Workout #24114 - Monday, 08 July 2019

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
450	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
	{2 x 25 on :40 Tombstone Kicking
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
775	1x{1 x 225 on 3:20 Freestyle BTintoW
	{1 x 225 on 3:25 Free-3KOW
	{1 x 225 on 3:30 Freestyle 5KOW-100%
	{1 x 100 on 2:00 EZ Free
375	15 x 25 on :30 USRPT-100 Free Pace
6:45 PM	2,250 Yards - Stress Value = 65

Workout #24111 - Friday, 12 July 2019

Taper 1 - USRPT

1 minute rest between sets

Yards	Set Description
7:00 AM	Start
=====	=====
	1 on 20:00 DS/Ted's Abs>Showers
225	15 x 15 on :45 Racing Skills-Fly Shooters
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 10:00 RacingSkills-Start/Peer Coaching
375	15 x 25 on :30 100 Breast Pace
	1 on 15:00 Tic Tac Toe Relay
375	15 x 25 on :30 100 Back Pace
150	1x{4 x 15 on :25 Undr Wtr Fly Kck
	{1 on :30 Rest

Workout #24115 - Monday, 15 July 2019

Taper 1 - Freestylers

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
850	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
	{6 x 25 on :30 Kick no board BSLRLR
	{1 x 150 on 2:20 Kick
	{1 x 100 on 1:35 Kick
	{1 x 50 on :45 Kick
800	1x{1 x 100 on 1:15 Pulls-no br L.9 yds
	{1 x 100 on 1:15 Pulls-no br L.10 yds
	{1 x 100 on 1:15 Pulls-no br L.11 yds
	{1 x 100 on 1:15 Pulls-no br L.12 yds
	{1 x 100 on 1:20 Pulls-no br L.13 yds
	{1 x 100 on 1:20 Pulls-no br L.14 yds
	{1 x 100 on 1:20 Pulls-no br L.15 yds
	{1 x 100 on 1:20 Pulls-no br L.16 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	3 x 400 on 5:15 Free-R.10 @200/Neg split
	dscnd in 3's
250	1 x 250 on 4:00 Stroke Drills
	8:28 AM 3,750 Yards - Stress Value = 59

Workout #24116 - Monday, 15 July 2019

Taper 1 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
400	1 x 400 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
800	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:45 Kick
	{1 x 50 on :55 Kick
	{4 x 25 on :30 Kick no board BSLRLR
	{1 x 150 on 2:30 Kick
	{1 x 100 on 1:45 Kick
	{1 x 50 on :55 Kick
800	1x{1 x 100 on 1:20 Pulls-no br L.9 yds
	{1 x 100 on 1:20 Pulls-no br L.10 yds
	{1 x 100 on 1:20 Pulls-no br L.11 yds
	{1 x 100 on 1:20 Pulls-no br L.12 yds
	{1 x 100 on 1:25 Pulls-no br L.13 yds
	{1 x 100 on 1:25 Pulls-no br L.14 yds
	{1 x 100 on 1:25 Pulls-no br L.15 yds
	{1 x 100 on 1:25 Pulls-no br L.16 yds
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,200	3 x 400 on 5:35 Free-R.10 @200/Neg split
	dscnd in 3's
250	1 x 250 on 4:00 Stroke Drills
	8:29 AM 3,700 Yards - Stress Value = 60

Workout #24117 - Monday, 15 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

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

1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	9:29 AM 6,225 Yards - Stress Value = 609	

Workout #24118 - Monday, 15 July 2019

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS/Showers
400	1 x 400 on 7:00 Choice
120	8 x 15 on :45 Spinners
450	1x{1 x 50 on 1:00 Kick Free-100%
	{1 x 25 on :30 Free breathe on 3-100%
	{1 x 25 on 1:30 Ez-Free
	{1 x 75 on 1:30 Kick Free-100%
	{1 x 25 on :30 Free breathe on 5-100%
	{1 x 50 on 1:30 Ez-Free
	{1 x 100 on 2:00 Kick-Free-100%
	{1 x 25 on :30 Free breathe on 7-100%
	{1 x 75 on 1:30 Ez-Free
900	1x{1 x 100 on 1:25 75-14 spl /25-12 spl
	{1 x 100 on 1:25 50-14 spl/50-12 spl
	{1 x 100 on 1:25 25-14 spl/ 75-12 spl
	{1 x 100 on 1:25 12 strokes per length-fast
	{1 x 100 on 1:20 14 strokes per length (spl)
	{1 x 100 on 1:20 75-14 spl /25-12 spl
	{1 x 100 on 1:20 50-14 spl/50-12 spl
	{1 x 100 on 1:20 25-14 spl/ 75-12 spl
	{1 x 100 on 1:20 12 strokes per length-fast
200	1 x 200 on 3:00 Stroke Drills
	5:59 PM 2,070 Yards - Stress Value = 26

Workout #24119 - Monday, 15 July 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

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

Workout #24120 - Monday, 15 July 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{6 x 25 on :30 Kick no board B-10KOW+1
 {5 x 50 on 1:00 Kick-alt strmlne/hands by si
 {6 x 25 on :30 Kick no board B-10KOW+1
 {4 x 50 on :55 Kick-alt strmlne/hands by sic
 {6 x 25 on :30 Kick no board B-10KOW+1
 {1 x 50 on :50 Kick-alt strmlne/hands by sic
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,550 1x{3 x 100 on 1:35 Backstroke
 {2 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:30 Backstroke
 {2 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {8 x 25 on :30 Back 4 KOW +1
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,300 Yards - Stress Value = 131

Workout #24121 - Monday, 15 July 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 850 1x{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 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,450 1x{3 x 100 on 1:45 Backstroke
 {2 x 100 on 1:40 Backstroke
 {1 x 100 on 1:35 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {3 x 100 on 1:40 Backstroke
 {2 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,050 Yards - Stress Value = 127

Workout #24122 - Monday, 15 July 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {5 x 50 on 1:15 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1

{4 x 50 on 1:10 Kick-alt strmlne/hands by si
 {4 x 25 on :40 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,300 1x{3 x 100 on 1:55 Backstroke
 {2 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {6 x 25 on :35 Back 4 KOW +1
 {3 x 100 on 1:50 Backstroke
 {2 x 100 on 1:45 Backstroke
 {1 x 50 on :50 Backstroke
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,625 Yards - Stress Value = 109

Workout #24123 - Monday, 15 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {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 1x{4 x 25 on 1:00 Odds face in sculling drills
 {Evens-underwaters, count kicks
 1,150 1x{3 x 100 on 2:10 Backstroke
 {2 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {4 x 25 on :40 Back 4 KOW +1
 {2 x 100 on 2:05 Backstroke
 {1 x 100 on 2:00 Backstroke
 {1 x 100 on 1:55 Backstroke
 {2 x 25 on :40 Back 4 KOW +1
 550 22 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 98

Workout #24124 - Monday, 15 July 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 650 1x{4 x 25 on :45 Kick no board B-10KOW+1
 {4 x 50 on 1:35 Kick-alt strmlne/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 {3 x 50 on 1:30 Kick-alt strmlne/hands by si
 {4 x 25 on :45 Kick no board B-10KOW+1
 100 1x{4 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 1:05 Backstroke
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 88

Workout #24125 - Monday, 15 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 475 1x{4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 2:00 Kick-alt strmline/hands by si
 {4 x 25 on 1:00 Kick no board B-10KOW+1
 {2 x 50 on 1:55 Kick-alt strmline/hands by si
 {3 x 25 on 1:00 Kick no board B-10KOW+1
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{3 x 100 on 3:00 Backstroke
 {2 x 100 on 2:55 Backstroke
 {1 x 100 on 2:50 Backstroke
 {4 x 25 on :45 Back 4 KOW +1
 {1 x 100 on 2:55 Backstroke
 {1 x 50 on 1:25 Backstroke
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,625 Yards - Stress Value = 83

Workout #24126 - Monday, 15 July 2019

Taper 1 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 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
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 100 on 1:35 Backstroke
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {6 x 25 on :30 Back 4 KOW +1
 {1 x 100 on 1:30 Backstroke
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {4 x 25 on :30 Back 4 KOW +1
 375 15 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:49 PM 2,425 Yards - Stress Value = 69

Workout #24127 - Monday, 15 July 2019

Taper 1 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 350 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
 {1 x 50 on 1:00 Kick-alt strmline/hands by si
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 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
 375 15 x 25 on :30 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:49 PM 2,275 Yards - Stress Value = 67

Workout #24128 - Monday, 15 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 300 1x{2 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
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 100 on 1:55 Backstroke
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {6 x 25 on :35 Back 4 KOW +1
 {1 x 100 on 1:50 Backstroke
 {1 x 100 on 1:45 Backstroke
 {1 x 50 on :50 Backstroke
 300 12 x 25 on :35 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:48 PM 2,050 Yards - Stress Value = 56

Workout #24129 - Monday, 15 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Showers
 250 1 x 250 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 300 1x{4 x 25 on :40 Kick no board B-10KOW+1
 {2 x 50 on 1:20 Kick-alt strmline/hands by si
 {2 x 25 on :40 Kick no board B-10KOW+1
 {1 x 50 on 1:15 Kick-alt strmline/hands by si
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 2:10 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 50 on :55 Backstroke
 275 11 x 25 on :40 USRPT-100 Back Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:49 PM 1,875 Yards - Stress Value = 53

Workout #24130 - Tuesday, 09 July 2019

Taper 1 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :30 Kick no board B
	{1 x 150 on 2:50 Streamline Kick on Back
	{4 x 25 on :30 Kick no board B
	{1 x 100 on 1:55 Kick on Rt Side-Face up
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 200 on 3:05 Backstroke
	{4 x 50 on :50 Back-3/4/5/6 KOW
	{1 x 200 on 3:00 Backstroke
	{4 x 50 on :50 Back-3/4/5/6 KOW
	{1 x 50 on :55 Backstroke
375	15 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:50 PM 2,475 Yards - Stress Value = 70

Workout #24131 - Tuesday, 09 July 2019

Taper 1 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :30 Kick no board B
	{1 x 150 on 2:55 Streamline Kick on Back
	{4 x 25 on :30 Kick no board B
	{1 x 100 on 1:55 Kick on Rt Side-Face up
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 200 on 3:20 Backstroke
	{4 x 50 on :55 Back-3/4/5/6 KOW
	{1 x 100 on 1:55 Backstroke
	{5 x 50 on :55 Back-3/4/5/6/7 KOW
375	15 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	6:50 PM 2,325 Yards - Stress Value = 68

Workout #24132 - Tuesday, 16 July 2019

Taper 1 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
400	1 x 400 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,050	1x{1 x 150 on 2:00 Backstroke
	{2 x 100 on 1:25 Back-descend 2/3/4/5 KOW
	{1 x 150 on 1:55 Backstroke
	{2 x 100 on 1:25 Back descend 3/4/5/6 KOW
	{1 x 150 on 1:50 Backstroke
	{2 x 100 on 1:25 Back descend 4/5/6/7 KOW
400	1 x 400 on 8:00 Social kick w/4 10 sec sprir
500	1x{2 x 75 on 1:00 Pulls BTB
	{2 x 50 on :35 Pulls
	{2 x 75 on 1:00 Pulls BTS
	{2 x 50 on :35 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,050	1x{1 x 150 on 1:55 Backstroke
	{2 x 100 on 1:25 Back-descend 2/3/4/5 KOW
	{1 x 150 on 1:50 Backstroke

{2 x 100 on 1:25 Back descend 3/4/5/6 KOW
 {1 x 150 on 1:45 Backstroke
 {2 x 100 on 1:25 Back descend 4/5/6/7 KOW
 200 1 x 200 on 3:00 Stroke Drills
 8:33 AM 3,950 Yards - Stress Value = 64

Workout #24133 - Tuesday, 16 July 2019

Taper 1 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
400	1 x 400 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,000	1x{1 x 150 on 2:15 Backstroke
	{2 x 100 on 1:30 Back-descend 2/3/4/5 KOW
	{1 x 150 on 2:10 Backstroke
	{2 x 100 on 1:30 Back descend 3/4/5/6 KOW
	{1 x 150 on 2:00 Backstroke
	{3 x 50 on :45 Back descend 4/5/6/7 KOW
400	1 x 400 on 8:00 Social kick w/4 10 sec sprir
450	1x{2 x 75 on 1:10 Pulls BTB
	{2 x 50 on :40 Pulls
	{2 x 75 on 1:10 Pulls BTS
	{1 x 50 on :40 Pulls
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,000	1x{1 x 150 on 2:10 Backstroke
	{2 x 100 on 1:30 Back-descend 2/3/4/5 KOW
	{1 x 150 on 2:05 Backstroke
	{2 x 100 on 1:30 Back descend 3/4/5/6 KOW
	{1 x 150 on 2:00 Backstroke
	{3 x 50 on :45 Back descend 4/5/6/7 KOW
200	1 x 200 on 3:00 Stroke Drills
	8:34 AM 3,800 Yards - Stress Value = 61

Workout #24134 - Tuesday, 16 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	E
=====	=====	=
	1 on 45:00 DS/Weights/Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
750	30 x 25 on :30 100 Breast Pace	S
	1 on 8:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Back Pace	S
	1 on 15:00 Racing Skills-Underwater Racing	F
750	30 x 25 on :30 100 Fly Pace	S
	1 on 11:00 Racing Skills-Relay Starts	S
750	30 x 25 on :30 100 Free Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
	9:15 AM 3,525 Yards - Stress Value = 315	

Workout #24135 - Tuesday, 16 July 2019

Group 3 - Distance

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WORK STP
 =====
 1 on 15:00 DS/Showers REC L DRY
 400 1 x 400 on 5:00 Choice REC D CHC
 150 10 x 15 on :45 Shooters SP3 S FF
 1,000 10 x 100 on 1:20 1650 Free Pace SP2 S FF
 In Sets of 5:#1 reg interval, #2 5 sec faster
 sec faster #4&5 10 sec slower EN1 speed`
 60 3 x 20 on 3:00 Timed Underwaters-B SP2 K FLY
 5:54 PM 1,610 Yards - Stress Value = 112

Workout #24136 - Tuesday, 16 July 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 12:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooter SP3
 1 on 5:00 Video Evaluations- REC
 3,000 30 x 100 on 1:25 1650 Free Pace SP2
 120 6 x 20 on 3:00 Timed Underwaters-B SP2
 6:32 PM 3,345 Yards - Stress Value = 321

Workout #24137 - Tuesday, 16 July 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 1,050 1x{1 x 200 on 3:40 Breast Kick w/board
 {2 x 175 on 3:10 Breast Kick w/board
 {3 x 150 on 2:40 Breast Kick w/board
 {1 x 50 on :55 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,425 1x{3 x 125 on 2:15 Breast L.25 3X pullouts
 {3 x 50 on :50 Breaststroke
 {3 x 125 on 2:10 Breast L.25 3X pullouts
 {3 x 50 on :55 Breaststroke
 {3 x 125 on 2:05 Breast L.25 3X pullouts
 750 30 x 25 on :30 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,275 Yards - Stress Value = 132

Workout #24138 - Tuesday, 16 July 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 4:00 Breast Kick w/board
 {2 x 175 on 3:30 Breast Kick w/board
 {2 x 150 on 3:00 Breast Kick w/board
 {1 x 100 on 2:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{3 x 125 on 2:25 Breast L.25 3X pullouts
 {3 x 50 on :55 Breaststroke

{3 x 125 on 2:20 Breast L.25 3X pullouts
 {3 x 50 on 1:00 Breaststroke
 {2 x 125 on 2:15 Breast L.25 3X pullouts
 625 25 x 25 on :35 100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,875 Yards - Stress Value = 114

Workout #24139 - Tuesday, 16 July 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:20 Breast Kick w/board
 {2 x 175 on 3:50 Breast Kick w/board
 {2 x 150 on 3:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{3 x 125 on 2:50 Breast L.25 3X pullouts
 {3 x 50 on 1:00 Breaststroke
 {3 x 125 on 2:45 Breast L.25 3X pullouts
 {4 x 50 on 1:05 Breaststroke
 550 22 x 25 on :40 100 Breast Pace
 1 on 10:00 Racing Skills-starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,450 Yards - Stress Value = 101

Workout #24140 - Tuesday, 16 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{1 x 200 on 4:45 Breast Kick w/board
 {2 x 175 on 4:05 Breast Kick w/board
 {1 x 150 on 3:30 Breast Kick w/board
 {1 x 100 on 2:20 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{3 x 125 on 3:10 Breast L.25 3X pullouts
 {3 x 50 on 1:10 Breaststroke
 {3 x 125 on 3:05 Breast L.25 3X pullouts
 {2 x 50 on 1:15 Breaststroke
 550 22 x 25 on :40 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,250 Yards - Stress Value = 98

Workout #24141 - Tuesday, 16 July 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{1 x 200 on 5:30 Breast Kick w/board
 {2 x 175 on 4:45 Breast Kick w/board
 {1 x 150 on 4:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{3 x 100 on 2:50 Breast L.25 3X pullouts
 {3 x 50 on 1:25 Breaststroke
 {3 x 100 on 2:45 Breast L.25 3X pullouts
 {2 x 50 on 1:30 Breaststroke
 500 20 x 25 on :45 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,900 Yards - Stress Value = 87

Taper 1 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 500 1x{1 x 200 on 4:00 Breast Kick w/board
 {1 x 150 on 3:00 Breast Kick w/board
 {1 x 100 on 2:00 Breast Kick w/board
 {1 x 50 on 1:00 Breast Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{2 x 125 on 2:25 Breast L.25 3X pullouts
 {2 x 50 on :55 Breaststroke
 {2 x 125 on 2:20 Breast L.25 3X pullouts
 {1 x 50 on 1:00 Breaststroke
 {2 x 125 on 2:15 Breast L.25 3X pullouts
 325 13 x 25 on :35 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:54 PM 2,475 Yards - Stress Value = 66

Workout #24142 - Tuesday, 16 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 475 1x{1 x 200 on 8:00 Breast Kick w/board
 {1 x 150 on 6:00 Breast Kick w/board
 {1 x 100 on 4:00 Breast Kick w/board
 {1 x 25 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{3 x 100 on 3:30 Breast L.25 3X pullouts
 {2 x 50 on 1:45 Breaststroke
 {3 x 100 on 3:25 Breast L.25 3X pullouts
 500 20 x 25 on :45 100 Breast Pace
 1 on 10:00 Racing Skills-Starts/pullouts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,475 Yards - Stress Value = 79

Workout #24145 - Tuesday, 16 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 450 1x{1 x 200 on 4:20 Breast Kick w/board
 {1 x 150 on 3:15 Breast Kick w/board
 {1 x 100 on 2:10 Breast Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{2 x 125 on 2:50 Breast L.25 3X pullouts
 {2 x 50 on 1:00 Breaststroke
 {2 x 125 on 2:45 Breast L.25 3X pullouts
 {3 x 50 on 1:05 Breaststroke
 275 11 x 25 on :40 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:54 PM 2,175 Yards - Stress Value = 58

Workout #24143 - Tuesday, 16 July 2019

Taper 1 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free
 150 10 x 15 on :45 Shooters
 500 1x{1 x 200 on 3:40 Breast Kick w/board
 {1 x 150 on 2:40 Breast Kick w/board
 {1 x 100 on 1:50 Breast Kick w/board
 {1 x 50 on :55 Breast Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{2 x 125 on 2:15 Breast L.25 3X pullouts
 {2 x 50 on :50 Breaststroke
 {2 x 125 on 2:10 Breast L.25 3X pullouts
 {2 x 50 on :55 Breaststroke
 {2 x 125 on 2:05 Breast L.25 3X pullouts
 375 15 x 25 on :30 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:54 PM 2,625 Yards - Stress Value = 73

Workout #24146 - Tuesday, 16 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 250 1 x 250 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{1 x 200 on 4:45 Breast Kick w/board
 {1 x 150 on 3:30 Breast Kick w/board
 {1 x 50 on 1:10 Breast Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{2 x 125 on 3:10 Breast L.25 3X pullouts
 {2 x 50 on 1:10 Breaststroke
 {2 x 125 on 3:05 Breast L.25 3X pullouts
 {1 x 50 on 1:15 Breaststroke
 300 12 x 25 on :40 100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:54 PM 2,000 Yards - Stress Value = 57

Workout #24144 - Tuesday, 16 July 2019

Workout #24147 - Wednesday, 17 July 2019

Group 3 - Race day warmup

1 minute rest between sets

Yards	Set Description	EGY	WORK	SE
7:00 AM Start				
400	1 x 400 on 7:00 Freestyle Drill	REC	D	C
150	10 x 15 on :45 Shooters	SP3	S	C
300	3 x 100 on 2:00 Kick	EN1	K	C
400	8 x 50 on 1:00 Down drill back build	EN1	S	C
Odds free evens non free				
300	12 x 25 on :30 Variable Speed	SP3	S	C
50	2 x 25 on 2:00 OTB	EN2	S	C
250	1 x 250 on 4:00 Stroke Drills	REC	D	
8:04 AM 1,850 Yards - Stress Value = 26				

Workout #24148 - Wednesday, 17 July 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
6:30 AM Start	
225	1 on 45:00 DS/Weights/Shower
800	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	8 x 100 on 2:00 Kick on fastest interval breast kick unless injured, no board,
1,500	1x{10 x 50 on :55 200 IM Pace {1 on 1:00 Rest {10 x 50 on :55 200 IM Pace {1 on 1:00 Rest {10 x 50 on :55 200 IM Pace 1 on 15:00 Video Evaluations 1+/1- for each After evals, your choice of active recovery
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace
100	5 x 20 on 3:00 Timed Underwaters
9:17 AM 4,125 Yards - Stress Value = 327	

Workout #24149 - Thursday, 18 July 2019

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
1,100	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
200	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,900 Yards - Stress Value = 103	

Workout #24150 - Thursday, 18 July 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
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
200	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,650 Yards - Stress Value = 99	

Workout #24151 - Thursday, 18 July 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
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
200	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,325 Yards - Stress Value = 83	

Workout #24152 - Thursday, 18 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
700	1x{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 {1 x 100 on 2:30 Fly Kick w/board
200	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 2,150 Yards - Stress Value = 75	

Workout #24153 - Thursday, 18 July 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
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
200	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:31 PM	2,000 Yards - Stress Value = 69

Workout #24154 - Thursday, 18 July 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
500	1x{4 x 25 on 1:00 Kick no board S-12KOW+1 {1 x 50 on 2:00 Fly Kick w/board {1 x 100 on 4:00 Fly Kick w/board {4 x 25 on :45 Kick no board S-13KOW+1 {1 x 50 on 2:00 Fly Kick w/board {1 x 100 on 4:00 Fly Kick w/board
200	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	1,675 Yards - Stress Value = 54

Workout #24155 - Thursday, 18 July 2019

Taper 1 - Fly

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Fly Pace
650	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 x 100 on 1:40 Fly Kick w/board
200	1 x 200 on 4:00 Stroke Drills
7:06 PM	1,875 Yards - Stress Value = 57

Workout #24156 - Thursday, 18 July 2019

Taper 1 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Fly Pace
550	1x{4 x 25 on :35 Kick no board S-12KOW+1 {1 x 50 on 1:00 Fly Kick w/board {1 x 100 on 2:00 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
200	1 x 200 on 4:00 Stroke Drills
7:06 PM	1,725 Yards - Stress Value = 55

Workout #24157 - Thursday, 18 July 2019

Taper 1 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
300	1 on 35:00 DS/Dryland
150	1 x 300 on 9:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 26:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
300	12 x 25 on :35 USRPT-100 Fly Pace
500	1x{4 x 25 on :40 Kick no board S-12KOW+1 {1 x 50 on 1:10 Fly Kick w/board {1 x 100 on 2:20 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
200	1 x 200 on 4:00 Stroke Drills
7:06 PM	1,550 Yards - Stress Value = 46

Workout #24158 - Thursday, 18 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
250	1 on 35:00 DS/Dryland
150	1 x 250 on 9:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 26:00 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
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 {2 x 25 on :40 Kick no board S-13KOW+1
200	1 x 200 on 4:00 Stroke Drills
7:06 PM	1,425 Yards - Stress Value = 43

Workout #24159 - Friday, 19 July 2019

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
500	1 on 40:00 DS/Dryland 4 x 125 on 2:15 SwimUSS 50swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,800	1x{1 x 100 on 1:30 Free L.25 6BK {1 x 100 on 1:30 Free L.25 2 breaths {1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:25 Free L.25 6BK {2 x 100 on 1:25 Free L.25 2 breaths {2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi {3 x 100 on 1:20 Free L.25 6bk {3 x 100 on 1:20 Free L.25 2 breaths {3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
6:30 PM 2,700 Yards - Stress Value = 42	

Yards	Set Description
400	1 on 40:00 DS/Dryland 4 x 100 on 2:15 SwimUSS 25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:00 Free L.25 6BK {1 x 100 on 2:00 Free L.25 2 breaths {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:55 Free L.25 6BK {2 x 100 on 1:55 Free L.25 2 breaths {2 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi {1 x 100 on 2:00 Free L.25 6bk {1 x 100 on 2:00 Free L.25 2 breaths {1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
6:29 PM 2,000 Yards - Stress Value = 30	

Workout #24163 - Friday, 19 July 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Workout #24160 - Friday, 19 July 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
500	1 on 40:00 DS/Dryland 4 x 125 on 2:15 SwimUSS 50swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,600	1x{1 x 100 on 1:40 Free L.25 6BK {1 x 100 on 1:40 Free L.25 2 breaths {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:35 Free L.25 6BK {2 x 100 on 1:35 Free L.25 2 breaths {2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi {3 x 100 on 1:30 Free L.25 6bk {2 x 100 on 1:30 Free L.25 2 breaths {2 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
6:30 PM 2,500 Yards - Stress Value = 38	

Yards	Set Description
400	1 on 40:00 DS/Dryland 4 x 100 on 2:15 SwimUSS 25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:30 Free L.25 6BK {1 x 100 on 2:30 Free L.25 2 breaths {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:25 Free L.25 6BK {2 x 100 on 2:25 Free L.25 2 breaths {2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi {1 x 50 on 1:10 Free L.25 6bk {1 x 50 on 1:10 Free L.25 2 breaths {1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
250	1 x 250 on 5:00 Stroke Drills
6:31 PM 1,850 Yards - Stress Value = 27	

Workout #24164 - Friday, 19 July 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Workout #24161 - Friday, 19 July 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
400	1 on 40:00 DS/Dryland 4 x 100 on 2:15 SwimUSS 25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 1:50 Free L.25 6BK {1 x 100 on 1:50 Free L.25 2 breaths {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi {2 x 100 on 1:45 Free L.25 6BK {2 x 100 on 1:45 Free L.25 2 breaths {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi {3 x 100 on 1:40 Free L.25 6bk {1 x 100 on 1:40 Free L.25 2 breaths {1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
6:30 PM 2,200 Yards - Stress Value = 34	

Yards	Set Description
400	1 on 40:00 DS/Dryland 4 x 100 on 2:15 SwimUSS 25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
800	1x{1 x 100 on 3:00 Free L.25 6BK {1 x 100 on 3:00 Free L.25 2 breaths {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi {2 x 100 on 2:55 Free L.25 6BK {2 x 100 on 2:55 Free L.25 2 breaths {1 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
6:29 PM 1,600 Yards - Stress Value = 22	

Workout #24162 - Friday, 19 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Workout #24165 - Thursday, 11 July 2019

Taper 1 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Breast
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Starts w/pullouts
550	1x{1 x 50 on :55 Breast Kick w/board {1 x 50 on 1:00 Breast Pull {2 x 75 on 1:25 Breast Kick w/board {2 x 50 on 1:00 Breast Pull
200	{2 x 100 on 1:50 Breast Kick w/board 1 x 200 on 4:00 Stroke Drills
	7:13 PM 1,725 Yards - Stress Value = 55

Workout #24166 - Thursday, 11 July 2019

Taper 1 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
	10 x 15 on :45 Shooters
	1 on 26:00 TEACH DAY-Breast
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT 100 Breast Pace
	1 on 10:00 Racing Skills-Starts w/pullouts
500	1x{1 x 50 on 1:05 Breast Kick w/board {1 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
200	{1 x 100 on 2:10 Breast Kick w/board 1 x 200 on 4:00 Stroke Drills
	7:13 PM 1,575 Yards - Stress Value = 48

Workout #24167 - Monday, 22 July 2019

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start

Yards	Set Description
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Swim-kick-pull-swim
2,050	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR {1 x 200 on 3:00 Kick {6 x 25 on :30 Kick no board BSLR {2 x 175 on 2:40 Kick {8 x 25 on :30 Kick no board BSLR {3 x 150 on 2:20 Kick {6 x 25 on :30 Kick no board BSLR {2 x 125 on 2:00 Kick {4 x 25 on :30 Kick no board BSLR {1 x 100 on 1:40 Kick
1,500	1 x 1500 on 20:00 Pull nobr L.12 yards of ea
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 250 on 3:10 Freestyle {5 x 50 on :50 Free-500 Free Pace {1 x 250 on 3:05 Freestyle {5 x 50 on :50 500 Free Pace {1 x 250 on 3:00 Freestyle {5 x 50 on :50 500 Free Pace

{1 x 250 on 2:55 Freestyle
{5 x 50 on :50 500 Free Pace
300 6 x 50 on 1:00 Stroke Drills
9:15 AM 6,800 Yards - Stress Value = 139

Workout #24168 - Monday, 22 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
600	1 on 45:00 DS/Weights
150	1 x 600 on 10:00 Swim-kick-pull-swim
1,900	10 x 15 on :45 Shooters
	1x{4 x 25 on :30 Kick no board BSLR {1 x 200 on 3:20 Kick {6 x 25 on :30 Kick no board BSLR {2 x 175 on 3:00 Kick {8 x 25 on :30 Kick no board BSLR {3 x 150 on 2:35 Kick {6 x 25 on :30 Kick no board BSLR {2 x 125 on 2:10 Kick {2 x 25 on :30 Kick no board BS
1,400	1 x 1400 on 20:00 Pull nobr L.12 yards of ea
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,900	1x{1 x 250 on 3:30 Freestyle {5 x 50 on :50 Free-500 Free Pace {1 x 250 on 3:25 Freestyle {5 x 50 on :50 500 Free Pace {1 x 250 on 3:20 Freestyle {5 x 50 on :50 500 Free Pace {1 x 200 on 2:30 Freestyle {4 x 50 on :50 500 Free Pace
300	6 x 50 on 1:00 Stroke Drills
	9:15 AM 6,450 Yards - Stress Value = 128

Workout #24169 - Monday, 22 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
	1 on 45:00 DS/Weights/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	9:29 AM 6,225 Yards - Stress Value = 609	

Workout #24170 - Monday, 22 July 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 3:40 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:45 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:50 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 50 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{5 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:00 Breast-100%
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,925 Yards - Stress Value = 109

Workout #24171 - Monday, 22 July 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:15 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:20 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:25 Breast Kick w/board
 {2 x 25 on :35 Breast Kick on Back-Streamline
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{5 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,725 Yards - Stress Value = 106

Workout #24172 - Monday, 22 July 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:40 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 150 on 3:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills

{ Evens-underwaters, count kicks
 1,000 1x{4 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:10 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 94

Workout #24173 - Monday, 22 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 2:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{4 x 100 on 2:25 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:25 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:25 Breaststroke
 {1 on 1:00 Rest
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 92

Workout #24174 - Monday, 22 July 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 650 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{4 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,750 Yards - Stress Value = 78

Workout #24175 - Monday, 22 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 4:00 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 50 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{3 x 100 on 4:00 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 4:00 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 3:00 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,275 Yards - Stress Value = 64

Workout #24176 - Monday, 22 July 2019

Taper 1 - Breast

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 450 1x{1 x 200 on 3:40 Breast Kick w/board
 {2 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:45 Breast Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{3 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Breaststroke
 300 12 x 25 on :35 USRPT-100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:53 PM 2,450 Yards - Stress Value = 62

Workout #24177 - Monday, 22 July 2019

Taper 1 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 400 1x{1 x 200 on 4:15 Breast Kick w/board
 {2 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 150 on 3:10 Breast Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{2 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Breaststroke
 300 12 x 25 on :35 USRPT-100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:53 PM 2,250 Yards - Stress Value = 59

Workout #24178 - Monday, 22 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 350 1x{1 x 200 on 4:35 Breast Kick w/board
 {2 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 100 on 2:20 Breast Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:10 Breaststroke
 275 11 x 25 on :40 USRPT-100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:54 PM 2,025 Yards - Stress Value = 54

Workout #24179 - Monday, 22 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 250 1 x 250 on 9:00 Sun Yang Free w/Snorkels
 150 10 x 15 on :45 Shooters
 350 1x{1 x 200 on 4:55 Breast Kick w/board
 {2 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 100 on 2:30 Breast Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{3 x 50 on 1:10 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:25 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:25 Breaststroke
 275 11 x 25 on :40 USRPT-100 Breast Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:54 PM 1,925 Yards - Stress Value = 53

Workout #24180 - Monday, 22 July 2019

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 15:00 DS/Showers
 600 1 x 600 on 9:00 Choice
 150 10 x 15 on :45 Racing Skills-Free Shooters
 800 4x{3 x 50 on 1:10 Freestyle
 {1 x 50 on 1:30 Freestyle
 { #1 20yds sprint-30yds easy, #2 30yds sprint
 { #3 all easy, #4 sprint, #4 of 4th set OTB
 500 10 x 50 on :50 Kick-ALL OUT 100%
 800 4x{3 x 50 on 1:10 Stroke
 {1 x 50 on 1:30 Stroke
 { Same as above --#3 can be free
 250 1 x 250 on 4:00 Freestyle
 6:30 PM 3,100 Yards - Stress Value = 144

Workout #24181 - Monday, 22 July 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

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

600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 1:45 Kick @fastest interval
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,500	1x{1 x 200 on 2:55 Pulls
	{2 x 100 on 1:20 Pulls BTB
	{1 x 200 on 2:50 Pulls
	{2 x 100 on 1:25 Pulls BTS
	{1 x 200 on 2:45 Pulls
	{2 x 100 on 1:30 Pulls BTB
	{1 x 200 on 2:40 Pulls
	{1 x 100 on 1:35 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #24182 - Tuesday, 23 July 2019

Group 3 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
1	on 45:00 DS/Weights
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 1:45 Kick @fastest interval
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,600	1x{1 x 200 on 2:45 Pulls
	{2 x 100 on 1:15 Pulls BTB
	{1 x 200 on 2:40 Pulls
	{2 x 100 on 1:20 Pulls BTS
	{1 x 200 on 2:35 Pulls
	{2 x 100 on 1:25 Pulls BTB
	{1 x 200 on 2:30 Pulls
	{2 x 100 on 1:30 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

2,050	1x{1 x 100 on 1:35 Backstroke
	{1 x 100 on 1:30 Backstroke
	{1 x 100 on 1:25 Backstroke
	{1 x 100 on 1:20 Backstroke
	{1 x 100 on 1:15 Backstroke
	{1 x 200 on 3:30 Backstroke Drill
	{2 x 75 on 1:10 Backstroke
	{2 x 75 on 1:05 Backstroke
	{2 x 75 on 1:00 Backstroke
	{2 x 75 on :55 Backstroke
	{1 x 150 on 2:35 Backstroke Drill
	{3 x 50 on :45 Backstroke
	{3 x 50 on :40 Backstroke
	{1 x 50 on :35 Backstroke
	{1 x 100 on 1:45 Backstroke Drill
	{2 x 25 on :30 Backstroke-100%
	{4 x 25 on :25 Backstroke-100%
250	1 x 250 on 4:00 Stroke Drills
9:14 AM 6,130 Yards - Stress Value = 90	

Workout #24184 - Tuesday, 23 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description
1	on 45:00 DS/Weights/Showers
225	15 x 15 on :45 Racing Skills-Back Shooters
750	30 x 25 on :30 100 Back Pace
750	1 on 8:00 Video Evaluations 1+/1-
750	30 x 25 on :30 100 Fly Pace
750	1 on 15:00 Racing Skills-Underwater Racing
750	30 x 25 on :30 100 Free Pace
750	1 on 11:00 Racing Skills-TN Turn Drills
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
250	1 x 250 on 4:00 Stroke Drills
9:14 AM 6,380 Yards - Stress Value = 95	

600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
400	4 x 100 on 1:45 Kick @fastest interval
980	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 30 on 1:00 15 underwater 15 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 30 on :55 15 undwater 15 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 30 on :50 15 underwater 15 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 30 on :45 15 underwater 15 sprint free
1,600	1x{1 x 200 on 2:45 Pulls
	{2 x 100 on 1:15 Pulls BTB
	{1 x 200 on 2:40 Pulls
	{2 x 100 on 1:20 Pulls BTS
	{1 x 200 on 2:35 Pulls
	{2 x 100 on 1:25 Pulls BTB
	{1 x 200 on 2:30 Pulls
	{2 x 100 on 1:30 Pulls BTS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes

Workout #24183 - Tuesday, 23 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
1	on 45:00 DS/Weights

Workout #24185 - Tuesday, 23 July 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 1,050 1x{5 x 100 on 1:45 Fly Kick w/board
 {4 x 75 on 1:20 Fly Kick w/board
 {5 x 50 on :50 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{1 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {5 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {6 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,200 Yards - Stress Value = 125

Workout #24186 - Tuesday, 23 July 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 900 1x{5 x 100 on 2:05 Fly Kick w/board
 {4 x 75 on 1:35 Fly Kick w/board
 {2 x 50 on 1:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {3 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {5 x 50 on 1:00 Butterfly
 {1 x 50 on :50 Freestyle
 {5 x 50 on 1:00 Butterfly
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 108

Workout #24187 - Tuesday, 23 July 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 750 1x{4 x 100 on 2:25 Fly Kick w/board
 {4 x 75 on 1:50 Fly Kick w/board

{1 x 50 on 1:15 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {5 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:10 Butterfly
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,350 Yards - Stress Value = 94

Workout #24188 - Tuesday, 23 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 700 1x{3 x 100 on 2:40 Fly Kick w/board
 {4 x 75 on 2:00 Fly Kick w/board
 {2 x 50 on 1:20 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {4 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {5 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {1 x 50 on 1:15 Butterfly
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 87

Workout #24189 - Tuesday, 23 July 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 600 1x{2 x 100 on 3:00 Fly Kick w/board
 {4 x 75 on 2:15 Fly Kick w/board
 {2 x 50 on 1:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {2 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {4 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:30 Butterfly
 450 18 x 25 on :50 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,750 Yards - Stress Value = 77

Workout #24190 - Tuesday, 23 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 450 1x{2 x 100 on 4:00 Fly Kick w/board
 {2 x 75 on 3:00 Fly Kick w/board
 {2 x 50 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{1 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 1:30 Freestyle
 {2 x 50 on 2:15 Butterfly
 {3 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {3 x 50 on 2:15 Butterfly
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,225 Yards - Stress Value = 63

Workout #24191 - Tuesday, 23 July 2019

Taper 1 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 450 1x{2 x 100 on 1:45 Fly Kick w/board
 {2 x 75 on 1:20 Fly Kick w/board
 {2 x 50 on :50 Fly Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 700 1x{1 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {2 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle

{3 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 {4 x 50 on :55 Butterfly
 {1 x 50 on :50 Freestyle
 375 15 x 25 on :30 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:48 PM 2,325 Yards - Stress Value = 64

Workout #24192 - Tuesday, 23 July 2019

Taper 1 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 350 1x{1 x 100 on 2:05 Fly Kick w/board
 {2 x 75 on 1:35 Fly Kick w/board
 {2 x 50 on 1:05 Fly Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 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
 325 13 x 25 on :35 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:48 PM 2,075 Yards - Stress Value = 56

Workout #24193 - Tuesday, 23 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 300 1x{1 x 100 on 2:25 Fly Kick w/board
 {2 x 75 on 1:50 Fly Kick w/board
 {1 x 50 on 1:15 Fly Kick w/board
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 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
 {2 x 50 on 1:10 Butterfly
 275 11 x 25 on :40 USRPT-100 Fly Pace
 200 1 x 200 on 4:00 Stroke Drills
 6:48 PM 1,825 Yards - Stress Value = 49

Workout #24194 - Tuesday, 23 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
250	1 on 35:00 DS/Dryland
150	1 x 250 on 9:00 SunYangFree-Count strokes
300	10 x 15 on :45 Shooters
300	1x{1 x 100 on 2:40 Fly Kick w/board { 2 x 75 on 2:00 Fly Kick w/board { 1 x 50 on 1:20 Fly Kick w/board
50	1x{2 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	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 { 2 x 50 on 1:15 Butterfly
275	11 x 25 on :40 USRPT-100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
6:48 PM 1,775 Yards - Stress Value = 49	

Workout #24195 - Tuesday, 23 July 2019

Group 3 - Distance

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
1	1 on 15:00 DS/Showers	REC	L	DRY
400	1 x 400 on 5:00 Choice	REC	D	CHC
150	10 x 15 on :45 Shooters	SP3	S	FF
3,000	30 x 100 on 1:20 1650 Free Pace	SP2	S	FF
120	6 x 20 on 3:00 Timed Underwaters-B	SP2	K	FLY
6:29 PM 3,670 Yards - Stress Value = 318				

Workout #24196 - Tuesday, 23 July 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WOF
1	1 on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
1	1 on 5:00 Video Evaluations-	REC	
3,000	30 x 100 on 1:20 1650 Free Pace	SP2	
120	6 x 20 on 3:00 Timed Underwaters-B	SP2	
6:29 PM 3,345 Yards - Stress Value = 321			

Workout #24197 - Wednesday, 24 July 2019

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description
1	1 on 45:00 DS/Weights
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,600	1x{8 x 25 on :30 Kick no board B 10+1 { 1 x 200 on 3:20 Kick { 8 x 25 on :30 Kick no board S 10+1 { 2 x 175 on 2:50 Kick { 8 x 25 on :30 Kick no board L 10+1 { 3 x 150 on 2:20 Kick
1,250	1x{4 x 125 on 1:40 Lungbuster pulls 3-4-5 { 3 x 125 on 1:35 Lungbuster pulls 4-5-6 { 2 x 125 on 1:30 Lungbuster pulls 5-6-7 { 1 x 125 on 1:25 Lungbuster pulls 6-7-8

200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,300	1x{3 x 50 on :55 Breast hold 200 Pace { 1 x 150 on 2:30 Breaststroke { 3 x 50 on :55 Breast hold 200 pace { 2 x 125 on 2:00 Breaststroke { 3 x 50 on :55 Breast hold 200 pace { 3 x 100 on 1:35 Breaststroke { 3 x 50 on :55 Breast hold 200 pace { 1 x 150 on 2:25 Breaststroke { 3 x 50 on :55 Breast hold 200 pace { 2 x 125 on 1:55 Breaststroke { 3 x 50 on :55 Breast hold 200 pace { 3 x 100 on 1:30 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
9:16 AM 6,400 Yards - Stress Value = 147	

Workout #24198 - Wednesday, 24 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
1	1 on 45:00 DS/Weights
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,550	1x{8 x 25 on :30 Kick no board B 10+1 { 1 x 200 on 3:20 Kick { 8 x 25 on :30 Kick no board S 10+1 { 2 x 175 on 2:55 Kick { 8 x 25 on :30 Kick no board L 10+1 { 4 x 100 on 1:40 Kick
1,075	1x{4 x 125 on 1:50 Lungbuster pulls 3-4-5 { 3 x 125 on 1:45 Lungbuster pulls 4-5-6 { 2 x 100 on 1:20 Lungbuster pulls 5-6-7
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{3 x 50 on :55 Breast hold under :37 { 1 x 150 on 2:35 Breaststroke { 3 x 50 on :55 Breast hold 200 pace { 2 x 125 on 2:05 Breaststroke { 3 x 50 on :55 Breast hold 200 pace { 3 x 100 on 1:40 Breaststroke { 3 x 50 on :55 Breast hold 200 pace { 1 x 150 on 2:30 Breaststroke { 3 x 50 on :55 Breast hold 200 pace { 2 x 125 on 2:00 Breaststroke { 3 x 50 on :55 Breast hold 200 pace { 2 x 100 on 1:35 Breaststroke
400	8 x 50 on 1:00 Stroke Drills
9:15 AM 6,075 Yards - Stress Value = 141	

Workout #24199 - Wednesday, 24 July 2019

9:15 AM 6,550 Yards - Stress Value = 112

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights/Shower
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 800 8 x 100 on 2:00 Kick on fastest interval
 breast kick unless injured, no board,
 1,500 1x{10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 1 on 15:00 Video Evaluations 1+/1- for each
 After evals, your choice of active recovery
 1,500 1x{10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 100 5 x 20 on 3:00 Timed Underwaters
 9:17 AM 4,125 Yards - Stress Value = 327

Workout #24200 - Thursday, 25 July 2019

Group 3 - Fly

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 700 1x{1 x 200 on 2:55 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 2:50 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 2:45 Butterfly
 1,500 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:25 Kick
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:35 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:30 Kick
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 1x{1 x 200 on 2:50 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 2:45 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 2:40 Butterfly
 1,750 1x{2 x 200 on 2:40 Pulls-no br L.12 yds
 {2 x 175 on 2:20 Pulls-no br L.12 yds
 {2 x 150 on 2:00 Pulls-no br L.12 yds
 {2 x 125 on 1:40 Pulls-no br L.12 yds
 {2 x 100 on 1:20 Pulls-no br L.12 yds
 {2 x 75 on 1:00 Pulls-no br L.12 yds
 {2 x 50 on :40 Pulls-no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 1x{1 x 200 on 2:45 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 2:40 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 2:35 Butterfly
 250 1 x 250 on 4:00 Stroke Drills

Workout #24201 - Thursday, 25 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 1 on 45:00 DS/Weights
 600 1 x 600 on 10:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Shooters
 700 1x{1 x 200 on 3:05 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 3:00 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 2:55 Butterfly
 1,500 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 {8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:35 Kick
 {1 x 100 on 1:40 Kick
 {1 x 100 on 1:45 Kick
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 700 1x{1 x 200 on 3:05 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 3:00 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 2:55 Butterfly
 1,650 1x{2 x 200 on 3:00 Pulls-no br L.12 yds
 {2 x 175 on 2:35 Pulls-no br L.12 yds
 {2 x 150 on 2:10 Pulls-no br L.12 yds
 {2 x 125 on 1:50 Pulls-no br L.12 yds
 {2 x 100 on 1:25 Pulls-no br L.12 yds
 {2 x 75 on 1:00 Pulls-no br L.12 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 650 1x{1 x 200 on 2:55 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 200 on 2:50 Butterfly
 {2 x 25 on :30 200 Free Pace
 {1 x 150 on 2:00 Butterfly
 250 1 x 250 on 4:00 Stroke Drills
 9:15 AM 6,400 Yards - Stress Value = 109

Workout #24202 - Thursday, 25 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start
 Yards Set Description EC
 =====
 1 on 45:00 DS/Weights/Shower RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 1,500 30 x 50 on :50 200 Fly Pace SF
 1 on 5:00 Your Choice Recovery RE
 1,500 30 x 50 on :50 200 Back Pace SF
 1 on 5:00 Your Choice Recovery RE
 1,500 30 x 50 on :55 200 Breast Pace SF
 1 on 5:00 Your Choice Recovery RE
 1,500 30 x 50 on :50 200 Free Pace SF
 Each is a set of 16-adjustments will be made i
 All sets individualized rest. Non best set 6:0
 set 8:00 rest, make 24 in a row or finish set
 9:29 AM 6,225 Yards - Stress Value = 609

Workout #24203 - Thursday, 25 July 2019

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
5:00 PM	Start			
400	1 on 15:00 DS/Showers	REC	L	DRY
150	1 x 400 on 5:00 Choice	REC	D	CHC
2,250	10 x 15 on :45 Shooters	SP3	S	FF
160	30 x 75 on 1:05 500 Free Pace	SP2	S	FF
6:28 PM	8 x 20 on 3:00 Timed Underwaters-S	SP2	K	FLY
	2,960 Yards - Stress Value = 247			

Workout #24204 - Thursday, 25 July 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
225	1 on 12:00 DS/Showers	REC	
1,250	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
2,250	1 on 5:00 Video Evaluations	REC	
160	30 x 75 on 1:05 500 Free Pace	SP2	
6:28 PM	8 x 20 on 3:00 Timed Underwaters-S	SP2	
	2,635 Yards - Stress Value = 250		

Workout #24205 - Thursday, 25 July 2019

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
950	10 x 15 on :45 Shooters
100	1x{2 x 150 on 2:55 Free Kick w/board
	{2 x 125 on 2:25 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{2 x 75 on 1:25 Free Kick w/board
	{1 x 50 on :55 Free Kick w/board
	1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,750 Yards - Stress Value = 100

Workout #24206 - Thursday, 25 July 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
900	10 x 15 on :45 Shooters
100	1x{2 x 150 on 3:05 Free Kick w/board
	{2 x 125 on 2:35 Free Kick w/board
	{2 x 100 on 2:05 Free Kick w/board
	{2 x 75 on 1:35 Free Kick w/board
	1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,650 Yards - Stress Value = 99

Workout #24207 - Thursday, 25 July 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
850	10 x 15 on :45 Shooters
	1x{2 x 150 on 3:20 Free Kick w/board
	{2 x 125 on 2:45 Free Kick w/board
	{2 x 100 on 2:15 Free Kick w/board
	{2 x 50 on 1:05 Free Kick w/board
	1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,425 Yards - Stress Value = 85

Workout #24208 - Thursday, 25 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
800	10 x 15 on :45 Shooters
	1x{2 x 150 on 3:35 Free Kick w/board
	{2 x 125 on 2:55 Free Kick w/board
	{2 x 100 on 2:20 Free Kick w/board
	{1 x 50 on 1:10 Free Kick w/board
	1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,325 Yards - Stress Value = 84

Workout #24209 - Thursday, 25 July 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
650	10 x 15 on :45 Shooters
	1x{2 x 150 on 4:10 Free Kick w/board
	{2 x 100 on 2:45 Free Kick w/board
	{2 x 75 on 2:15 Free Kick w/board
	1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,000 Yards - Stress Value = 74

Workout #24210 - Thursday, 25 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	1 x 300 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{2 x 150 on 4:30 Free Kick w/board {2 x 100 on 3:00 Free Kick w/board {2 x 50 on 1:30 Free Kick w/board
	1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,900 Yards - Stress Value = 73

Workout #24211 - Thursday, 25 July 2019

Group 2 - Race day warmup

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	=====	=====	=====
	1 on 15:00 DS/Showers	REC	L I	
400	1 x 400 on 8:00 Freestyle Drill	REC	D	
150	10 x 15 on :45 Shooters	SP3	S C	
400	4 x 100 on 2:15 Kick	EN1	K C	
400	8 x 50 on 1:15 Down Drill Back Build	EN1	S C	
300	12 x 25 on :40 Variable Speed	EN1	S C	
50	2 x 25 on 2:30 OTB	SP3	S C	
300	1 x 300 on 5:00 5:00 Cool down	REC	D	
	6:29 PM 2,000 Yards - Stress Value = 19			

Workout #24212 - Friday, 26 July 2019

Group 3 - IM'ers

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 WR-DS/Ted's Abs/Shower
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,600	1x{4 x 25 on :30 Kick no board BSLR-15m {2 x 150 on 2:30 Kick {4 x 25 on :35 Kick no board BSLR-15m {2 x 150 on 2:25 Kick {4 x 25 on :40 Kick no board BSLR-15m {2 x 150 on 2:20 Kick {4 x 25 on :45 Kick no board BSLR-15m {2 x 150 on 2:15 Kick
1,000	1x{4 x 50 on :40 Pulls-nbbf&w {4 x 50 on :40 Pulls-nbbf&w + 1 yd {4 x 50 on :40 Pulls-nbbf&w + 2 yds {4 x 50 on :40 Pulls-nbbf&w + 3 yds {4 x 50 on :40 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 100 on 1:25 Butterfly {1 x 100 on 1:20 Butterfly {1 x 100 on 1:15 Butterfly {1 x 100 on 1:10 Butterfly {1 x 300 on 4:00 IM w/out the fly {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {1 x 100 on 1:15 Backstroke {1 x 100 on 1:10 Backstroke {1 x 300 on 4:00 IM w/out the back {1 x 100 on 1:35 Breaststroke {1 x 100 on 1:30 Breaststroke

	{1 x 100 on 1:25 Breaststroke
	{1 x 100 on 1:20 Breaststroke
	{1 x 300 on 4:00 IM w/out the breast
	{1 x 100 on 1:20 Freestyle
	{1 x 100 on 1:15 Freestyle
	{1 x 100 on 1:10 Freestyle
	{1 x 100 on 1:05 Freestyle
	{1 x 300 on 4:00 IM w/out the free
500	10 x 50 on 1:00 Stroke Drills
	9:00 AM 6,850 Yards - Stress Value = 110

Workout #24213 - Friday, 26 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 30:00 WR-DS/Ted's Abs/Shower
600	1 x 600 on 10:00 Reverse IM drill
150	10 x 15 on :45 Shooters
1,500	1x{4 x 25 on :30 Kick no board BSLR-15m {2 x 150 on 2:40 Kick {4 x 25 on :35 Kick no board BSLR-15m {2 x 150 on 2:35 Kick {4 x 25 on :40 Kick no board BSLR-15m {2 x 150 on 2:30 Kick {4 x 25 on :45 Kick no board BSLR-15m {2 x 100 on 1:35 Kick
900	1x{2 x 50 on :45 Pulls-nbbf&w {4 x 50 on :45 Pulls-nbbf&w + 1 yd {4 x 50 on :45 Pulls-nbbf&w + 2 yds {4 x 50 on :45 Pulls-nbbf&w + 3 yds {4 x 50 on :45 Pulls-nbbf&w + 4 yds
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,800	1x{1 x 100 on 1:35 Butterfly {1 x 100 on 1:30 Butterfly {1 x 100 on 1:25 Butterfly {1 x 100 on 1:20 Butterfly {1 x 300 on 4:20 IM w/out the fly {1 x 100 on 1:35 Backstroke {1 x 100 on 1:30 Backstroke {1 x 100 on 1:25 Backstroke {1 x 100 on 1:20 Backstroke {1 x 300 on 4:20 IM w/out the back {1 x 100 on 1:45 Breaststroke {1 x 100 on 1:40 Breaststroke {1 x 100 on 1:35 Breaststroke {1 x 100 on 1:30 Breaststroke {1 x 300 on 4:20 IM w/out the breast {1 x 100 on 1:25 Freestyle {1 x 100 on 1:20 Freestyle {1 x 100 on 1:15 Freestyle {1 x 100 on 1:10 Freestyle {1 x 300 on 4:20 IM w/out the free
300	6 x 50 on 1:00 Stroke Drills
	9:00 AM 6,450 Yards - Stress Value = 107

Workout #24214 - Friday, 26 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	STK
225	1 on 30:00 DS/Ted's Abs/Showers	REC	L DRY	
750	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	S CHO	
750	30 x 25 on :30 100 Fly Pace	SP2	S FR	
750	1 on 8:00 Video Evaluations 1+/1-	REC	S Ball	
750	30 x 25 on :30 100 Back Pace	SP2	S FR	
750	1 on 10:00 RacingSkills-Start/Peer Coaching	REC	S Ball	
750	30 x 25 on :30 100 Breast Pace	SP2	S FR	
750	1 on 15:00 Tic Tac Toe Relay	REC	S Ball	
750	30 x 25 on :30 100 Free Pace	SP2	S FR	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	REC	S CD	
	{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			

8:59 AM 3,525 Yards - Stress Value = 315

Workout #24215 - Friday, 26 July 2019

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
600	1 on 15:00 DS/Showers	REC	L DRY	
150	1 x 600 on 10:00 Choice	REC	S CHO	
3,000	10 x 15 on :45 Shooters	SP3	S IM	
	5x{1 x 25 on :30 Freestyle	SP2	S FR	
	{1 x 25 on :40 Freestyle	SP2	S FR	
	{1 x 25 on :50 Freestyle	SP2	S FR	
	{1 x 25 on 1:00 Freestyle	SP2	S FR	
	{1 x 150 on 1:45 Freestyle	EN2	S FR	
	{1 x 100 on 1:10 Freestyle	EN2	S FR	
	{1 x 50 on :35 Freestyle	EN2	S FR	
	{1 x 200 on 4:00 Stroke Drills	REC	D CD	

6:28 PM 3,750 Yards - Stress Value = 84

Workout #24216 - Friday, 26 July 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
225	1 on 11:00 DS/Showes	REC	L DRY	
150	15 x 15 on :45 Racing Skills-IM Shooters	SP3	S CHO	
400	6 x 25 on 3:00 50 Breast Pace	SP2	S FR	
400	1 on 5:00 Foam Roll/Rllr.Stick/Lacrss Ball	REC	S Ball	
400	20 x 20 on :30 100 Back Pace*	SP2	S FR	
400	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC	S Ball	
400	20 x 20 on :30 100 Fly Pace*	SP2	S FR	
400	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	REC	S Ball	
400	20 x 20 on :30 100 Free Pace*	SP2	S FR	

6:30 PM 1,575 Yards - Stress Value = 144

Workout #24217 - Friday, 26 July 2019

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 40:00 DS/Dryland	REC	L DRY	
150	4 x 125 on 2:15 SwimUSS	REC	S CHO	
1,750	10 x 15 on :45 Shooters	SP3	S IM	
	1x{3 x 50 on :45 Back-descend	EN2	S FR	

500	{5 x 125 on 1:50 Back alt 25's 10KOW	EN2	S FR	
	{3 x 50 on :45 Back-descend	EN2	S FR	
500	{4 x 100 on 1:25 Back alt 25's 10KOW	EN2	S FR	
	{3 x 50 on :45 Back-descend	EN2	S FR	
500	{3 x 75 on 1:00 Back alt 25's 10KOW	EN2	S FR	
	{1 x 50 on :45 Back-FAST	EN2	S FR	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	

6:30 PM 2,600 Yards - Stress Value = 40

Workout #24218 - Friday, 26 July 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
500	1 on 40:00 DS/Dryland	REC	L DRY	
150	4 x 125 on 2:15 SwimUSS	REC	S CHO	
1,550	10 x 15 on :45 Shooters	SP3	S IM	
	1x{5 x 125 on 2:05 Back alt 25's 10KOW	EN2	S FR	
	{3 x 50 on :50 Back-descend	EN2	S FR	
	{4 x 100 on 1:40 Back alt 25's 10KOW	EN2	S FR	
	{3 x 50 on :50 Back-descend	EN2	S FR	
	{3 x 75 on 1:15 Back alt 25's 10KOW	EN2	S FR	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	

6:30 PM 2,400 Yards - Stress Value = 36

Workout #24219 - Friday, 26 July 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Dryland	REC	L DRY	
150	4 x 100 on 2:15 SwimUSS	REC	S CHO	
1,375	10 x 15 on :45 Shooters	SP3	S IM	
	1x{5 x 125 on 2:20 Back alt 25's 10KOW	EN2	S FR	
	{3 x 50 on :55 Back-descend	EN2	S FR	
	{4 x 100 on 1:55 Back alt 25's 10KOW	EN2	S FR	
	{4 x 50 on :55 Back-descend	EN2	S FR	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	

6:30 PM 2,125 Yards - Stress Value = 33

Workout #24220 - Friday, 26 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK
400	1 on 40:00 DS/Dryland	REC	L DRY	
150	4 x 100 on 2:15 SwimUSS	REC	S CHO	
1,175	10 x 15 on :45 Shooters	SP3	S IM	
	1x{5 x 125 on 2:45 Back alt 25's 10KOW	EN2	S FR	
	{3 x 50 on 1:05 Back-descend	EN2	S FR	
	{4 x 100 on 2:10 Back alt 25's 10KOW	EN2	S FR	
200	1 x 200 on 4:00 Stroke Drills	REC	D CD	

6:30 PM 1,925 Yards - Stress Value = 29

Workout #24221 - Friday, 26 July 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	I
300	4 x 75 on 2:15 SwimSS	REC	£
150	10 x 15 on :45 Shooters	SP3	£
925	1x{4 x 100 on 2:40 Back alt 25's 10KOW	EN2	£
	{3 x 50 on 1:20 Back-descend	EN2	£
	{3 x 75 on 2:00 Back at 25's 10KOW	EN2	£
	{3 x 50 on 1:20 Back-descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
	6:29 PM 1,575 Yards - Stress Value = 24		

Workout #24222 - Friday, 26 July 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	I
300	4 x 75 on 2:15 SwimSS	REC	I
150	10 x 15 on :45 Shooters	SP3	£
875	1x{4 x 100 on 3:00 Back alt 25's 10KOW	EN2	£
	{3 x 50 on 1:30 Back-descend	EN2	£
	{3 x 75 on 2:15 Back alt 25's 10KOW	EN2	£
	{2 x 50 on 1:30 Back-Descend	EN2	£
200	1 x 200 on 4:00 Stroke Drills	REC	I
	6:31 PM 1,525 Yards - Stress Value = 23		

Workout #24223 - Tuesday, 23 July 2019

Taper 2 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 45:00 DS/Weights		
400	1 x 400 on 10:00 Top Hat Drill		
150	10 x 15 on :45 Shooters		
200	2 x 100 on 1:45 Kick @fastest interval		
320	1x{1 x 50 on 1:00 Vertical Kick-30/30		
	{2 x 30 on 1:00 15 underwater 15 sprint free		
	{2 x 50 on 1:00 Vertical Kick 35/25		
	{2 x 30 on :55 15 undwater 15 sprint free		
	{1 x 50 on 1:00 Vertical Kick 40/20		
900	1x{1 x 200 on 2:45 Pulls		
	{1 x 100 on 1:15 Pulls BTB		
	{1 x 200 on 2:40 Pulls		
	{1 x 100 on 1:20 Pulls BTS		
	{1 x 200 on 2:35 Pulls		
	{1 x 100 on 1:25 Pulls BTB		
100	2x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,250	1x{1 x 100 on 1:25 Backstroke		
	{1 x 100 on 1:20 Backstroke		
	{1 x 100 on 1:15 Backstroke		
	{1 x 100 on 1:10 Backstroke		
	{1 x 100 on 1:05 Backstroke		
	{1 x 150 on 3:30 Backstroke Drill		
	{1 x 75 on 1:05 Backstroke		
	{1 x 75 on 1:00 Backstroke		
	{1 x 75 on :55 Backstroke		
	{1 x 75 on :50 Backstroke		
	{1 x 150 on 2:35 Backstroke Drill		
	{1 x 50 on :45 Backstroke		
	{1 x 50 on :40 Backstroke		
	{1 x 50 on :35 Backstroke		
200	1 x 200 on 4:00 Stroke Drills		
	8:30 AM 3,520 Yards - Stress Value = 49		

Workout #24224 - Tuesday, 23 July 2019

Taper 3 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK
=====	=====	=====	=====
	1 on 45:00 DS/Weights		
600	1 x 600 on 10:00 Top Hat Drill		
150	10 x 15 on :45 Shooters		
200	2 x 100 on 1:45 Kick @fastest interval		
430	1x{1 x 50 on 1:00 Vertical Kick-30/30		
	{2 x 30 on 1:00 15 underwater 15 sprint free		
	{2 x 50 on 1:00 Vertical Kick 35/25		
	{2 x 30 on :55 15 undwater 15 sprint free		
	{2 x 50 on 1:00 Vertical Kick 40/20		
	{2 x 30 on :50 15 underwater 15 sprint free		
1,000	1x{1 x 100 on 1:15 Pulls BTB		
	{1 x 200 on 2:40 Pulls		
	{1 x 100 on 1:20 Pulls BTS		
	{1 x 200 on 2:35 Pulls		
	{1 x 100 on 1:25 Pulls BTB		
	{1 x 200 on 2:30 Pulls		
	{1 x 100 on 1:30 Pulls BTS		
200	4x{1 x 25 on :50 Sculling drills		
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		
1,900	1x{1 x 100 on 1:25 Backstroke		
	{1 x 100 on 1:20 Backstroke		
	{1 x 100 on 1:15 Backstroke		
	{1 x 100 on 1:10 Backstroke		
	{1 x 100 on 1:05 Backstroke		
	{1 x 200 on 3:30 Backstroke Drill		
	{2 x 75 on 1:05 Backstroke		
	{2 x 75 on 1:00 Backstroke		
	{2 x 75 on :55 Backstroke		
	{2 x 75 on :50 Backstroke		
	{1 x 150 on 2:35 Backstroke Drill		
	{1 x 50 on :45 Backstroke		
	{1 x 50 on :40 Backstroke		
	{1 x 50 on :35 Backstroke		
	{1 x 100 on 1:45 Backstroke Drill		
	{4 x 25 on :25 Backstroke-100%		
	{4 x 25 on :20 Backstroke-100%		
250	1 x 250 on 4:00 Stroke Drills		
	8:46 AM 4,730 Yards - Stress Value = 65		

Workout #24225 - Thursday, 25 July 2019

Taper 3 - Fly

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
600	1 on 45:00 DS/Weights 1 x 600 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 2:55 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:50 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:45 Butterfly
850	1x{4 x 25 on :30 Kick no board BSLR 1 x 100 on 1:25 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:35 Kick 4 x 25 on :30 Kick no board BSLR 1 x 100 on 1:30 Kick 1 x 100 on 1:35 Kick 1 x 100 on 1:40 Kick 2 x 25 on :30 Kick no board BS
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 2:50 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:45 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:40 Butterfly
900	1x{1 x 200 on 2:40 Pulls-no br L.12 yds 1 x 175 on 2:20 Pulls-no br L.12 yds 1 x 150 on 2:00 Pulls-no br L.12 yds 1 x 125 on 1:40 Pulls-no br L.12 yds 1 x 100 on 1:20 Pulls-no br L.12 yds 2 x 75 on 1:00 Pulls-no br L.12 yds
250	1 x 250 on 4:00 Stroke Drills
8:36 AM	4,250 Yards - Stress Value = 69

200 1 x 200 on 3:00 Stroke Drills
8:30 AM 3,600 Yards - Stress Value = 61

Workout #24227 - Wednesday, 24 July 2019

Taper 3 - Breast

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
500	1 on 45:00 DS/Weights 20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,000	1x{4 x 25 on :30 Kick no board B 10+1 1 x 200 on 3:20 Kick 4 x 25 on :30 Kick no board S 10+1 2 x 175 on 2:50 Kick 4 x 25 on :30 Kick no board L 10+1 1 x 150 on 2:20 Kick
750	1x{1 x 125 on 1:40 Lungbuster pulls 3-4-5 2 x 125 on 1:35 Lungbuster pulls 4-5-6 2 x 125 on 1:30 Lungbuster pulls 5-6-7 1 x 125 on 1:25 Lungbuster pulls 6-7-8
200	4x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{3 x 50 on :55 Breast hold 200 Pace 1 x 150 on 2:30 Breaststroke 3 x 50 on :55 Breast hold 200 pace 2 x 125 on 2:00 Breaststroke 3 x 50 on :55 Breast hold 200 pace 2 x 100 on 1:35 Breaststroke 3 x 50 on :55 Breast hold 200 pace 1 x 150 on 2:25 Breaststroke 3 x 50 on :55 Breast hold 200 pace 2 x 125 on 1:55 Breaststroke 3 x 50 on :55 Breast hold 200 pace 1 x 100 on 1:30 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
8:50 AM	4,800 Yards - Stress Value = 118

Workout #24226 - Thursday, 25 July 2019

Taper 2 - Fly

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
400	1 on 45:00 DS/Weights 1 x 400 on 10:00 Underwater trn drill Odd 100's free even 100's back
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 2:55 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:50 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:45 Butterfly
800	1x{4 x 25 on :30 Kick no board BSLR 1 x 100 on 1:25 Kick 1 x 100 on 1:30 Kick 1 x 100 on 1:35 Kick 4 x 25 on :30 Kick no board BSLR 1 x 100 on 1:30 Kick 1 x 100 on 1:35 Kick 1 x 100 on 1:40 Kick
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
700	1x{1 x 200 on 2:50 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:45 Butterfly 2 x 25 on :30 200 Free Pace 1 x 200 on 2:40 Butterfly
550	1x{1 x 175 on 2:20 Pulls-no br L.12 yds 1 x 150 on 2:00 Pulls-no br L.12 yds 1 x 125 on 1:40 Pulls-no br L.12 yds 1 x 100 on 1:20 Pulls-no br L.12 yds

Workout #24228 - Wednesday, 24 July 2019

Taper 2 - Breast

1 minute rest between sets

Yards	Set Description
6:30 AM	Start
400	1 on 45:00 DS/Weights 16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board B 10+1 1 x 200 on 3:20 Kick 4 x 25 on :30 Kick no board S 10+1 2 x 100 on 1:35 Kick 4 x 25 on :30 Kick no board L 10+1
500	1x{1 x 125 on 1:40 Lungbuster pulls 1 x 125 on 1:35 Lungbuster pulls 4-5-6 1 x 125 on 1:30 Lungbuster pulls 5-6-7 1 x 125 on 1:25 Lungbuster pulls 6-7-8
100	2x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{2 x 50 on :55 Breast hold 200 Pace 1 x 150 on 2:30 Breaststroke 2 x 50 on :55 Breast hold 200 pace 2 x 125 on 2:00 Breaststroke 2 x 50 on :55 Breast hold 200 pace 1 x 100 on 1:35 Breaststroke 2 x 50 on :55 Breast hold 200 pace 1 x 150 on 2:25 Breaststroke 2 x 50 on :55 Breast hold 200 pace 2 x 125 on 1:55 Breaststroke 1 x 50 on :55 Breast hold 200 pace
200	1 x 200 on 3:00 Stroke Drills
8:28 AM	3,500 Yards - Stress Value = 79

Workout #24229 - Friday, 26 July 2019

Taper 3 - IM'ers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 400 1 on 30:00 WR-DS/Ted's Abs/Shower
 150 1 x 400 on 10:00 Reverse IM drill
 850 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR-15m
 {1 x 150 on 2:30 Kick
 {4 x 25 on :35 Kick no board BSLR-15m
 {1 x 150 on 2:25 Kick
 {4 x 25 on :40 Kick no board BSLR-15m
 {1 x 150 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR-15m
 500 1x{2 x 50 on :40 Pulls-nbbf&w
 {2 x 50 on :40 Pulls-nbbf&w + 1 yd
 {2 x 50 on :40 Pulls-nbbf&w + 2 yds
 {2 x 50 on :40 Pulls-nbbf&w + 3 yds
 {2 x 50 on :40 Pulls-nbbf&w + 4 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{1 x 100 on 1:25 Butterfly
 {1 x 100 on 1:20 Butterfly
 {1 x 100 on 1:15 Butterfly
 {1 x 100 on 1:10 Butterfly
 {1 x 300 on 4:00 IM w/out the fly
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 300 on 4:00 IM w/out the back
 {1 x 100 on 1:35 Breaststroke
 {1 x 100 on 1:30 Breaststroke
 {1 x 100 on 1:25 Breaststroke
 {1 x 100 on 1:20 Breaststroke
 {1 x 300 on 5:00 IM w/out the breast
 400 8 x 50 on 1:00 Stroke Drills
 8:30 AM 4,500 Yards - Stress Value = 72

Workout #24230 - Friday, 26 July 2019

Taper 2 - IM'ers

1 minute rest between sets

6:30 AM Start
 Yards Set Description
 =====
 400 1 on 30:00 WR-DS/Ted's Abs/Shower
 150 1 x 400 on 10:00 Reverse IM drill
 850 10 x 15 on :45 Shooters
 1x{4 x 25 on :30 Kick no board BSLR-15m
 {1 x 150 on 2:30 Kick
 {4 x 25 on :35 Kick no board BSLR-15m
 {1 x 150 on 2:25 Kick
 {4 x 25 on :40 Kick no board BSLR-15m
 {1 x 150 on 2:20 Kick
 {4 x 25 on :45 Kick no board BSLR-15m
 500 1x{2 x 50 on :40 Pulls-nbbf&w
 {2 x 50 on :40 Pulls-nbbf&w + 1 yd
 {2 x 50 on :40 Pulls-nbbf&w + 2 yds
 {2 x 50 on :40 Pulls-nbbf&w + 3 yds
 {2 x 50 on :40 Pulls-nbbf&w + 4 yds
 100 2x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,400 1x{1 x 100 on 1:25 Butterfly
 {1 x 100 on 1:20 Butterfly
 {1 x 100 on 1:15 Butterfly
 {1 x 100 on 1:10 Butterfly
 {1 x 300 on 4:00 IM w/out the fly
 {1 x 100 on 1:25 Backstroke
 {1 x 100 on 1:20 Backstroke
 {1 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 300 on 4:00 IM w/out the back

400 8 x 50 on 1:00 Stroke Drills
 8:19 AM 3,800 Yards - Stress Value = 58

Workout #24231 - Thursday, 25 July 2019

Taper 1 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Dryland
 150 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 500 10 x 15 on :45 Shooters
 1x{1 x 150 on 2:55 Free Kick w/board
 {1 x 125 on 2:25 Free Kick w/board
 {1 x 100 on 1:55 Free Kick w/board
 {1 x 75 on 1:25 Free Kick w/board
 {1 x 50 on :55 Free Kick w/board
 1 on 26:00 TEACH DAY-Freestyle
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:02 PM 1,675 Yards - Stress Value = 54

Workout #24232 - Thursday, 25 July 2019

Taper 1 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 350 1 on 35:00 DS/Dryland
 150 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 450 10 x 15 on :45 Shooters
 1x{1 x 150 on 3:05 Free Kick w/board
 {1 x 125 on 2:35 Free Kick w/board
 {1 x 100 on 2:05 Free Kick w/board
 {1 x 75 on 1:35 Free Kick w/board
 1 on 26:00 TEACH DAY-Freestyle
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 375 15 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:02 PM 1,575 Yards - Stress Value = 53

Workout #24233 - Thursday, 25 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 300 1 on 35:00 DS/Dryland
 150 1 x 300 on 9:00 By 100: THD + ThmbDrg + CFP
 425 10 x 15 on :45 Shooters
 1x{1 x 150 on 3:20 Free Kick w/board
 {1 x 125 on 2:45 Free Kick w/board
 {1 x 100 on 2:15 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board
 1 on 26:00 TEACH DAY-Freestyle
 50 1x{2 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 325 13 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:02 PM 1,450 Yards - Stress Value = 46

Workout #24234 - Thursday, 25 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
425	1x{1 x 150 on 3:35 Free Kick w/board
	{1 x 125 on 2:55 Free Kick w/board
	{1 x 100 on 2:20 Free Kick w/board
	{1 x 50 on 1:10 Free Kick w/board
	1 on 26:00 TEACH DAY-Freestyle
50	1x{2 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:02 PM 1,500 Yards - Stress Value = 46

	{4 x 50 on :55 Kick
	{2 x 25 on :30 Kick no board BS
1,100	1 x 1100 on 16:00 Pulls BTS/BTB
	Every 75 switch sides for breathing
	2nd 550 with paddles
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,650	1x{1st 25 15m under/L.25 12.5 yds under
	{4 x 225 on 3:05 Freestyle
	{1 x 100 on 2:00 Free-95% Effort NBBF&W
	{3 x 225 on 3:00 Freestyle
	{1 x 100 on 2:00 Free-95% Effort NBBF&W
	{2 x 225 on 2:55 Freestyle
	{1 x 100 on 2:00 Free-95% Effort NBBF&W
	{1 x 225 on 2:50 Freestyle
	{1 x 100 on 2:00 Free-95% Effort NBBF&W
200	1 x 200 on 3:00 Stroke Drills
	9:16 AM 6,750 Yards - Stress Value = 113

Workout #24235 - Monday, 29 July 2019

Group 3 - Freestylers

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
2,000	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 125 on 1:55 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:15 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 50 on :50 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 25 on :25 Kick
1,200	1 x 1200 on 16:00 Pulls BTS/BTB
	Every 75 switch sides for breathing
	2nd 600 with paddles
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,900	1x{1st 25 15m under/L.25 12.5 yds under
	{4 x 250 on 3:05 Freestyle
	{1 x 100 on 2:00 Free-95% Effort NBBF&W
	{3 x 250 on 3:00 Freestyle
	{1 x 100 on 2:00 Free-95% Effort NBBF&W
	{2 x 250 on 2:55 Freestyle
	{1 x 100 on 2:00 Free-95% Effort NBBF&W
	{1 x 250 on 2:50 Freestyle
	{1 x 100 on 2:00 Free-95% Effort NBBF&W
200	1 x 200 on 3:00 Stroke Drills
	9:16 AM 7,250 Yards - Stress Value = 122

Workout #24236 - Monday, 29 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,850	1x{4 x 25 on :30 Kick no board BSLR
	{4 x 125 on 2:05 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 100 on 1:45 Kick
	{4 x 25 on :30 Kick no board BSLR
	{4 x 75 on 1:20 Kick
	{4 x 25 on :30 Kick no board BSLR

Workout #24237 - Monday, 29 July 2019

Taper 2 - Distance

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
400	1 x 400 on 7:00 Swim-kick-pull-swim
150	10 x 15 on :45 Shooters
1,000	1x{2 x 25 on :30 Kick no board BS
	{2 x 125 on 1:55 Kick
	{2 x 25 on :30 Kick no board LR
	{2 x 100 on 1:35 Kick
	{2 x 25 on :30 Kick no board BS
	{2 x 75 on 1:15 Kick
	{2 x 25 on :30 Kick no board LR
	{2 x 50 on :50 Kick
	{2 x 25 on :30 Kick no board BS
	{2 x 25 on :25 Kick
600	1 x 600 on 16:00 Pulls BTS/BTB
	Every 75 switch sides for breathing
	2nd 300 with paddles
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,450	1x{1st 25 15m under/L.25 12.5 yds under
	{2 x 250 on 3:05 Freestyle
	{1 x 100 on 2:00 Free-95% Effort NBBF&W
	{2 x 250 on 3:00 Freestyle
	{1 x 100 on 2:00 Free-95% Effort NBBF&W
	{1 x 250 on 2:55 Freestyle
200	1 x 200 on 3:00 Stroke Drills
	8:35 AM 3,900 Yards - Stress Value = 65

Workout #24238 - Monday, 29 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 45:00 DS/Weights/Showers	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Your choice active recovery	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	9:29 AM 6,225 Yards - Stress Value = 609	

Workout #24239 - Monday, 29 July 2019

Group 3 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
600	1 x 600 on 10:00 Choice
150	10 x 15 on :45 Shooters
400	16 x 25 on 1:00 4 on each stroke-under water until you reach 12.5 yds
2,000	1x{4 x 25 on :30 Freestyle-BC
	{1 x 100 on 1:30 Free 5 strokes fast
	{1 x 100 on 1:30 Free 10 strokes fast
	{1 x 100 on 1:30 Free 15 strokes fast
	{4 x 25 on :30 Freestyle-BC
	{1 x 100 on 1:30 Free 20 strokes fast
	{1 x 100 on 1:30 Free 25 strokes fast
	{1 x 100 on 1:30 Free 30 strokes fast
	{4 x 25 on :30 Freestyle-BC
	{1 x 100 on 1:30 Free 35 strokes fast
	{1 x 100 on 1:30 Free 40 strokes fast
	{1 x 100 on 1:30 Free -35 strokes fast
	{4 x 25 on :30 Freestyle-BC
	{1 x 100 on 1:30 Free-30 strokes fast
	{1 x 100 on 1:30 Free-25 strokes fast
	{1 x 100 on 1:30 Free-20 strokes fast
	{4 x 25 on :30 Freestyle-BC
	{1 x 100 on 1:30 Free 15 strokes fast
	{1 x 100 on 1:30 Free 10 strokes fast
	{1 x 100 on 1:30 Free 5 strokes fast
250	1 x 250 on 4:00 Stroke Drills
6:30 PM	3,400 Yards - Stress Value = 86

{1 x 100 on 1:30 Free 10 strokes fast
 {1 x 100 on 1:30 Free 5 strokes fast
 {4 x 25 on :30 Freestyle-BC
 250 1 x 250 on 4:00 Stroke Drills
 6:08 PM 2,300 Yards - Stress Value = 52

Workout #24242 - Monday, 29 July 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:30 Fly Kick w/board
	{6 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:25 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,450	1x{1 x 100 on 1:30 2 strokes fly off walls
	{1 x 75 on 1:05 3 strokes fly off walls
	{1 x 50 on :45 4 strokes fly off walls
	{1 x 25 on :30 5 strokes fly off walls
	{1 x 300 on 4:20 Butterfly
	{1 x 100 on 1:30 3 strokes fly off walls
	{1 x 75 on 1:05 4 strokes fly off walls
	{1 x 50 on :45 5 strokes fly off walls
	{1 x 25 on :30 6 strokes fly off walls
	{1 x 300 on 4:10 Butterfly
	{1 x 100 on 1:30 4 strokes fly off walls
	{1 x 75 on 1:05 5 strokes fly off walls
	{1 x 50 on :45 6 strokes fly off walls
	{1 x 25 on :30 7 strokes fly off walls
	{1 x 100 on 1:20 Butterfly
750	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	3,800 Yards - Stress Value = 125

Workout #24240 - Monday, 29 July 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

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

Workout #24241 - Monday, 29 July 2019

Taper 1 - Speed Acquisition

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 15:00 DS>Showers
400	1 x 400 on 7:00 Choice
150	10 x 15 on :45 Shooters
200	8 x 25 on 1:00 2 on each stroke-under water until you reach 12.5 yds
1,300	1x{4 x 25 on :30 Freestyle-BC
	{1 x 100 on 1:30 Free 5 strokes fast
	{1 x 100 on 1:30 Free 10 strokes fast
	{1 x 100 on 1:30 Free 15 strokes fast
	{4 x 25 on :30 Freestyle-BC
	{1 x 100 on 1:30 Free 20 strokes fast
	{1 x 100 on 1:30 Free 25 strokes fast
	{1 x 100 on 1:30 Free 20 strokes fast
	{4 x 25 on :30 Freestyle-BC
	{1 x 100 on 1:30 Free 15 strokes fast

Workout #24243 - Monday, 29 July 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:55 Fly Kick w/board
	{2 x 25 on :35 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 100 on 1:40 2 strokes fly off walls
	{1 x 75 on 1:15 3 strokes fly off walls
	{1 x 50 on :55 4 strokes fly off walls
	{1 x 25 on :35 5 strokes fly off walls
	{1 x 200 on 4:00 Butterfly
	{1 x 100 on 1:40 3 strokes fly off walls
	{1 x 75 on 1:15 4 strokes fly off walls
	{1 x 50 on :55 5 stokes fly off walls
	{1 x 25 on :35 6 strokes fly off walls
	{1 x 200 on 3:55 Butterfly
	{1 x 100 on 1:40 4 strokes fly off walls
	{1 x 75 on 1:15 5 strokes fly off walls
	{1 x 50 on :55 6 strokes fly off walls
	{1 x 25 on :35 7 strokes fly off walls
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	3,225 Yards - Stress Value = 104

Workout #24244 - Monday, 29 July 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:40 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:25 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{1 x 100 on 1:55 2 strokes fly off walls
	{1 x 75 on 1:25 3 strokes fly off walls
	{1 x 50 on 1:00 4 strokes fly off walls
	{1 x 25 on :40 5 strokes fly off walls
	{1 x 150 on 3:30 Butterfly
	{1 x 100 on 1:55 3 strokes fly off walls
	{1 x 75 on 1:25 4 strokes fly off walls
	{1 x 50 on 1:00 5 stokes fly off walls
	{1 x 25 on :40 6 strokes fly off walls
	{1 x 150 on 3:25 Butterfly
	{1 x 100 on 1:55 4 strokes fly off walls
	{1 x 75 on 1:25 5 strokes fly off walls
	{1 x 50 on 1:00 6 strokes fly off walls
	{1 x 25 on :40 7 strokes fly off walls
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,975 Yards - Stress Value = 100

Workout #24245 - Monday, 29 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:55 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:40 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{1 x 100 on 2:05 2 strokes fly off walls
	{1 x 75 on 1:35 3 strokes fly off walls
	{1 x 50 on 1:05 4 strokes fly off walls
	{1 x 25 on :45 5 strokes fly off walls
	{1 x 150 on 3:45 Butterfly
	{1 x 100 on 2:05 3 strokes fly off walls
	{1 x 75 on 1:35 4 strokes fly off walls
	{1 x 50 on 1:05 5 stokes fly off walls
	{1 x 25 on :45 6 strokes fly off walls
	{1 x 150 on 3:40 Butterfly
	{1 x 100 on 2:05 4 strokes fly off walls
	{1 x 50 on 1:05 6 strokes fly off walls
550	22 x 25 on :40 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,800 Yards - Stress Value = 91

Workout #24246 - Monday, 29 July 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
250	1 on 30:00 DS/Dryland
150	1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 200 on 5:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:25 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{1 x 100 on 2:30 2 strokes fly off walls
	{1 x 75 on 1:50 3 strokes fly off walls
	{1 x 50 on 1:15 4 strokes fly off walls
	{1 x 25 on :50 5 strokes fly off walls
	{1 x 100 on 3:00 Butterfly
	{1 x 100 on 2:30 3 strokes fly off walls
	{1 x 75 on 1:50 4 strokes fly off walls
	{1 x 50 on 1:15 5 stokes fly off walls
	{1 x 25 on :50 6 strokes fly off walls
	{1 x 100 on 3:00 Butterfly
	{1 x 100 on 2:30 4 strokes fly off walls
475	19 x 25 on :45 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,475 Yards - Stress Value = 80

Workout #24247 - Monday, 29 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:30 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 50 on 1:45 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	1x{1 x 100 on 3:30 2 strokes fly off walls
	{1 x 75 on 2:35 3 strokes fly off walls
	{1 x 50 on 1:45 4 strokes fly off walls
	{1 x 25 on 1:00 5 strokes fly off walls
	{1 x 50 on 2:00 Butterfly
	{1 x 100 on 3:30 3 strokes fly off walls
	{1 x 75 on 2:35 4 strokes fly off walls
	{1 x 50 on 1:45 5 strokes fly off walls
	{1 x 25 on 1:00 6 strokes fly off walls
	{1 x 50 on 2:00 Butterfly
375	15 x 25 on 1:00 USRPT 100 Fly Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,025 Yards - Stress Value = 63

350	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 4:00 Fly Kick w/board
	{4 x 25 on :35 Kick no board BSLR
	{1 x 200 on 3:55 Fly Kick w/board
	{2 x 25 on :35 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 100 on 1:40 2 strokes fly off walls
	{1 x 75 on 1:15 3 strokes fly off walls
	{1 x 50 on :55 4 strokes fly off walls
	{1 x 25 on :35 5 strokes fly off walls
	{1 x 200 on 4:00 Butterfly
	{1 x 100 on 1:40 3 strokes fly off walls
	{1 x 75 on 1:15 4 strokes fly off walls
	{1 x 50 on :55 5 strokes fly off walls
	{1 x 25 on :35 6 strokes fly off walls
	{1 x 200 on 3:55 Butterfly
	{1 x 100 on 1:40 4 strokes fly off walls
	{1 x 75 on 1:15 5 strokes fly off walls
	{1 x 50 on :55 6 strokes fly off walls
	{1 x 25 on :35 7 strokes fly off walls
325	13 x 25 on :35 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 2,925 Yards - Stress Value = 74

Workout #24250 - Monday, 29 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 200 on 4:40 Fly Kick w/board
	{4 x 25 on :40 Kick no board BSLR
	{1 x 150 on 3:25 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{1 x 100 on 1:55 2 strokes fly off walls
	{1 x 75 on 1:25 3 strokes fly off walls
	{1 x 50 on 1:00 4 strokes fly off walls
	{1 x 25 on :40 5 strokes fly off walls
	{1 x 150 on 3:30 Butterfly
	{1 x 100 on 1:55 3 strokes fly off walls
	{1 x 75 on 1:25 4 strokes fly off walls
	{1 x 50 on 1:00 5 strokes fly off walls
	{1 x 25 on :40 6 strokes fly off walls
	{1 x 150 on 3:25 Butterfly
	{1 x 100 on 1:55 4 strokes fly off walls
	{1 x 75 on 1:25 5 strokes fly off walls
	{1 x 50 on 1:00 6 strokes fly off walls
	{1 x 25 on :40 7 strokes fly off walls
325	13 x 25 on :35 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 2,675 Yards - Stress Value = 70

Workout #24248 - Monday, 29 July 2019

Taper 1 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:30 Fly Kick w/board
	{6 x 25 on :30 Kick no board BSLR
	{1 x 200 on 3:25 Fly Kick w/board
	{4 x 25 on :30 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	1x{1 x 100 on 1:30 2 strokes fly off walls
	{1 x 75 on 1:05 3 strokes fly off walls
	{1 x 50 on :45 4 strokes fly off walls
	{1 x 25 on :30 5 strokes fly off walls
	{1 x 300 on 4:20 Butterfly
	{1 x 100 on 1:30 3 strokes fly off walls
	{1 x 75 on 1:05 4 strokes fly off walls
	{1 x 50 on :45 5 strokes fly off walls
	{1 x 25 on :30 6 strokes fly off walls
	{1 x 300 on 4:10 Butterfly
	{1 x 100 on 1:30 4 strokes fly off walls
	{1 x 75 on 1:05 5 strokes fly off walls
	{1 x 50 on :45 6 strokes fly off walls
	{1 x 25 on :30 7 strokes fly off walls
	{1 x 100 on 1:20 Butterfly
375	15 x 25 on :30 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 3,425 Yards - Stress Value = 88

Workout #24249 - Monday, 29 July 2019

Taper 1 - Gold

1 minute rest between sets

5:15 PM Start

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

Workout #24251 - Monday, 29 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board BSLR {1 x 200 on 4:55 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {1 x 150 on 3:40 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{1 x 100 on 2:05 2 strokes fly off walls {1 x 75 on 1:35 3 strokes fly off walls {1 x 50 on 1:05 4 strokes fly off walls {1 x 25 on :45 5 strokes fly off walls {1 x 150 on 3:45 Butterfly {1 x 100 on 2:05 3 strokes fly off walls {1 x 75 on 1:35 4 strokes fly off walls {1 x 50 on 1:05 5 strokes fly off walls {1 x 25 on :45 6 strokes fly off walls {1 x 150 on 3:40 Butterfly {1 x 100 on 2:05 4 strokes fly off walls {1 x 50 on 1:05 6 strokes fly off walls
300	12 x 25 on :40 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 2,550 Yards - Stress Value = 66

600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,500	2x{1 x 50 on :55 Kick {1 x 100 on 1:35 Kick {2 x 50 on :55 Kick {2 x 100 on 1:40 Kick {2 x 50 on :55 Kick {2 x 100 on 1:45 Kick
1,600	2x{1 x 150 on 2:00 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 2:05 Pulls {3 x 50 on :50 Pulls br every 9 {1 x 150 on 2:15 Pulls {1 x 50 on :50 Pulls br every 9
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,100	2x{2 x 125 on 1:50 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:30 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:05 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 50 on :45 Backstroke {2 x 25 on :30 Backstroke 10 yds under water
200	1 x 200 on 3:00 Stroke Drills
	9:14 AM 6,350 Yards - Stress Value = 78

Workout #24254 - Tuesday, 30 July 2019

Taper 1 - Back

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights
600	1 x 600 on 10:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,800	2x{2 x 50 on :50 Kick {2 x 100 on 1:20 Kick {2 x 50 on :50 Kick {2 x 100 on 1:25 Kick {2 x 50 on :50 Kick {2 x 100 on 1:30 Kick
1,800	2x{1 x 150 on 1:50 Pulls {3 x 50 on :45 Pulls br every 9 {1 x 150 on 1:55 Pulls {3 x 50 on :45 Pulls br every 9 {1 x 150 on 2:00 Pulls {3 x 50 on :45 Pulls br every 9
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	2x{2 x 125 on 1:40 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:20 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:00 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 50 on :40 Backstroke {4 x 25 on :30 Backstroke 10 yds under water
200	1 x 200 on 3:00 Stroke Drills
	9:15 AM 6,950 Yards - Stress Value = 86

Yards	Set Description
=====	=====
400	1 x 400 on 7:00 Top Hat Drill
150	10 x 15 on :45 Shooters
900	1x{2 x 50 on :50 Kick {2 x 100 on 1:20 Kick {2 x 50 on :50 Kick {2 x 100 on 1:25 Kick {2 x 50 on :50 Kick {2 x 100 on 1:30 Kick
900	1x{1 x 150 on 1:50 Pulls {3 x 50 on :45 Pulls br every 9 {1 x 150 on 1:55 Pulls {3 x 50 on :45 Pulls br every 9 {1 x 150 on 2:00 Pulls {3 x 50 on :45 Pulls br every 9
50	1x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,100	1x{2 x 125 on 1:40 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 100 on 1:20 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 75 on 1:00 Backstroke {4 x 25 on :30 Backstroke 10 yds under water {2 x 50 on :40 Backstroke {4 x 25 on :30 Backstroke 10 yds under water
200	1 x 200 on 3:00 Stroke Drills
	8:26 AM 3,700 Yards - Stress Value = 47

Workout #24253 - Tuesday, 30 July 2019

Group 3 - Gold

1 minute rest between sets

6:30 AM Start

Yards	Set Description
=====	=====
	1 on 45:00 DS/Weights

Workout #24255 - Tuesday, 30 July 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	E
6:30 AM	Start	
225	1 on 45:00 DS/Weights/Showers	F
750	15 x 15 on :45 Racing Skills-Back Shooters	§
750	30 x 25 on :30 100 Free Pace	§
750	1 on 8:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Breast Pace	§
750	1 on 15:00 Racing Skills-Underwater Racing	F
750	30 x 25 on :30 100 Back Pace	§
750	1 on 11:00 Racing Skills-TN Turn Drills	§
300	30 x 25 on :30 100 Fly Pace	§
	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
9:15 AM	3,525 Yards - Stress Value = 315	

Workout #24256 - Tuesday, 30 July 2019

Group 3 - Distance

1 minute rest between sets

Yards	Set Description	EGY	WORK	STP
5:00 PM	Start			
400	1 on 15:00 DS/Showers	REC	L	DRY
150	1 x 400 on 5:00 Choice	REC	D	CHC
1,000	10 x 15 on :45 Shooters	SP3	S	FF
	10 x 100 on 1:20 1650 Free Pace	SP2	S	FF
	In Sets of 5:#1 reg interval, #2 5 sec faster			
	sec faster #4&5 15 sec slower			
60	3 x 20 on 3:00 Timed Underwaters-B	SP2	K	FLY
5:54 PM	1,610 Yards - Stress Value = 112			

Workout #24257 - Tuesday, 30 July 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
5:00 PM	Start		
225	1 on 12:00 DS/Showers	REC	
3,000	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
	1 on 5:00 Video Evaluations-	REC	
120	30 x 100 on 1:25 1650 Free Pace	SP2	
	6 x 20 on 3:00 Timed Underwaters-B	SP2	
6:32 PM	3,345 Yards - Stress Value = 321		

Workout #24258 - Tuesday, 30 July 2019

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
450	1 on 30:00 DS/Dryland
150	1 x 450 on 7:00 Sun Yang Free
700	10 x 15 on :45 Shooters
	1x{1 x 100 on 1:40 Free Kick w/board
	{2 x 100 on 1:45 Free Kick w/board
	{3 x 100 on 1:50 Free Kick w/board
	{1 x 100 on 1:55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	15 x 100 on 1:30 Free descend in sets of 3
	Each set of three descends
750	30 x 25 on :30 USRPT-100 Free Pace

1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,850 Yards - Stress Value = 125

Workout #24259 - Tuesday, 30 July 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
400	1 on 30:00 DS/Dryland
150	1 x 400 on 7:00 Sun Yang Free
650	10 x 15 on :45 Shooters
	1x{1 x 100 on 1:55 Free Kick w/board
	{2 x 100 on 2:00 Free Kick w/board
	{3 x 100 on 2:05 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	13 x 100 on 1:40 Free descend in sets of 3
	Each set of three descends
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	3,550 Yards - Stress Value = 120

Workout #24260 - Tuesday, 30 July 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Sun Yang Free
600	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:05 Free Kick w/board
	{2 x 100 on 2:10 Free Kick w/board
	{3 x 100 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	12 x 100 on 1:50 Free descend in sets of 3
	Each set of three descends
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	3,225 Yards - Stress Value = 104

Workout #24261 - Tuesday, 30 July 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Sun Yang Free
550	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:20 Free Kick w/board
	{2 x 100 on 2:25 Free Kick w/board
	{2 x 100 on 2:30 Free Kick w/board
	{1 x 50 on 1:20 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	11 x 100 on 2:00 Free descend in sets of 3
	Each set of three descends
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
7:15 PM	2,950 Yards - Stress Value = 94

Workout #24262 - Tuesday, 30 July 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:40 Free Kick w/board { 2 x 100 on 2:45 Free Kick w/board { 2 x 100 on 2:50 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	9 x 100 on 2:30 Free descend in sets of 3 Each set of three descends
500	20 x 25 on :45 USRPT-100 Free Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,600 Yards - Stress Value = 84

Workout #24263 - Tuesday, 30 July 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 3:00 Free Kick w/board { 2 x 100 on 3:05 Free Kick w/board { 1 x 50 on 1:40 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	8 x 100 on 3:00 Free descend in sets of 3 Each set of three descends
375	15 x 25 on 1:00 USRPT-100 Free Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:14 PM 2,225 Yards - Stress Value = 67

Workout #24264 - Tuesday, 30 July 2019

Taper 1 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	1 x 450 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
700	1x{1 x 100 on 1:40 Free Kick w/board { 2 x 100 on 1:45 Free Kick w/board { 3 x 100 on 1:50 Free Kick w/board { 1 x 100 on 1:55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	15 x 100 on 1:30 Free descend in sets of 3 Each set of three descends
375	15 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 3,475 Yards - Stress Value = 88

Workout #24265 - Tuesday, 30 July 2019

Taper 1 - Gold

1 minute rest between sets

5:15 PM Start

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

400	1 x 400 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 1:55 Free Kick w/board { 2 x 100 on 2:00 Free Kick w/board { 3 x 100 on 2:05 Free Kick w/board { 1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	13 x 100 on 1:40 Free descend in sets of 3 Each set of three descends
375	15 x 25 on :30 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 3,175 Yards - Stress Value = 83

Workout #24266 - Tuesday, 30 July 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:05 Free Kick w/board { 2 x 100 on 2:10 Free Kick w/board { 3 x 100 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	12 x 100 on 1:50 Free descend in sets of 3 Each set of three descends
325	13 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 2,925 Yards - Stress Value = 74

Workout #24267 - Tuesday, 30 July 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Sun Yang Free
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 2:20 Free Kick w/board { 2 x 100 on 2:25 Free Kick w/board { 2 x 100 on 2:30 Free Kick w/board { 1 x 50 on 1:20 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	11 x 100 on 2:00 Free descend in sets of 3 Each set of three descends
325	13 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 2,725 Yards - Stress Value = 71

Workout #24268 - Wednesday, 31 July 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY	WORK	SEC
	1 on 45:00 DS/Weights/Shower			
225	15 x 15 on :45 Racing Skills-Crossover Turns			
1,500	30 x 50 on :50 Your #1 200 Pace*			
	1 on 5:00 Video Evaluations 1+/1-			
750	30 x 25 on :30 Your #2 100 Pace*			
300	1x{8 x 15 on :25 Undr Wtr Fly Kck			
	{1 on :30 Rest			
	{6 x 15 on :20 Undr Wtr Fly Kck			
	{1 on :30 Rest			
	{4 x 15 on :15 Undr Wtr Fly Kck			
	{1 on :30 Rest			
	{2 x 15 on :10 Undr Wtr Fly Kck			
1,500	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			
120	6 x 20 on 3:00 Timed Underwaters			
	9:14 AM 4,395 Yards - Stress Value = 392			

Workout #24269 - Wednesday, 31 July 2019

Group 3 - Race day warmup

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WORK	SEC
	1 on 15:00 DS/Showers			
400	1 x 400 on 7:00 Freestyle Drill	REC		
150	10 x 15 on :45 Shooters	SP3		
300	3 x 100 on 2:00 Kick	EN1		
400	8 x 50 on 1:00 Down drill back build	EN1		
	Odds free evens non free			
300	12 x 25 on :30 Variable Speed	SP3		
50	2 x 25 on 2:00 OTB	EN2		
250	1 x 250 on 4:00 Stroke Drills	REC		
	8:04 AM 1,850 Yards - Stress Value = 26			

Workout #24270 - Thursday, 01 August 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WC	SEC
	1 on 12:00 DS/Showers	REC		
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3		
1,500	30 x 50 on :50 Your #2 200 Pace	SP2		
	1 on 8:00 Your choice active recovery	REC		
750	30 x 25 on :30 Your #1 100 Pace	SP2		
	1 on 15:00 Fly Kick/Sculling Drill Relay	EN2		
	6:29 PM 2,475 Yards - Stress Value = 234			

Workout #24271 - Thursday, 01 August 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-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

750	1x{1 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:50 Streamline Kick on back
	{1 x 50 on 1:00 Alt 25 kick on each side
	{3 x 100 on 1:50 Streamline Kick on back
	1 on 15:00 Racing Skills-Back Starts
	7:15 PM 2,150 Yards - Stress Value = 96

Workout #24272 - Thursday, 01 August 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Back Pace
650	1x{1 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{2 x 100 on 2:05 Streamline Kick on back
	{2 x 50 on 1:10 Alt 25 kick on each side
	{1 x 100 on 2:05 Streamline Kick on back
	{1 x 50 on 1:00 Alt 25 kick on each side
	1 on 15:00 Racing Skills-Back Starts
	7:15 PM 2,000 Yards - Stress Value = 94

Workout #24273 - Thursday, 01 August 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
600	1x{1 x 100 on 2:15 Streamline Kick on back
	{2 x 50 on 1:15 Alt 25 kick on each side
	{2 x 100 on 2:15 Streamline Kick on back
	{2 x 50 on 1:15 Alt 25 kick on each side
	{1 x 100 on 2:15 Streamline Kick on back
	1 on 15:00 Racing Skills-Back Starts
	7:15 PM 1,775 Yards - Stress Value = 80

Workout #24274 - Thursday, 01 August 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Back Pace
600	1x{1 x 100 on 2:20 Streamline Kick on back { 2 x 50 on 1:20 Alt 25 kick on each side { 2 x 100 on 2:20 Streamline Kick on back { 2 x 50 on 1:20 Alt 25 kick on each side { 1 x 100 on 2:20 Streamline Kick on back
	1 on 15:00 Racing Skills-Back Starts
	7:15 PM 1,775 Yards - Stress Value = 80

Workout #24275 - Thursday, 01 August 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Back Pace
500	1x{1 x 100 on 2:45 Streamline Kick on back { 2 x 50 on 1:30 Alt 25 kick on each side { 2 x 100 on 2:45 Streamline Kick on back { 2 x 50 on 1:30 Alt 25 kick on each side
	1 on 15:00 Racing Skills-Back Starts
	7:15 PM 1,550 Yards - Stress Value = 71

Workout #24276 - Thursday, 01 August 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
250	1 on 30:00 DS/Dryland
150	1 x 250 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
475	19 x 25 on :45 USRPT-100 Back Pace
450	1x{1 x 100 on 3:00 Streamline Kick on back { 2 x 50 on 1:45 Alt 25 kick on each side { 2 x 100 on 3:00 Streamline Kick on back { 1 x 50 on 1:45 Alt 25 kick on each side
	1 on 15:00 Racing Skills-Back Starts
	7:15 PM 1,425 Yards - Stress Value = 63

Workout #24277 - Thursday, 01 August 2019

Taper 1 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 30:00 DS/Dryland
150	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters

100	1 on 23:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
750	1x{1 x 100 on 1:50 Streamline Kick on back { 2 x 50 on 1:00 Alt 25 kick on each side { 2 x 100 on 1:50 Streamline Kick on back { 1 x 50 on 1:00 Alt 25 kick on each side { 3 x 100 on 1:50 Streamline Kick on back
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 1,975 Yards - Stress Value = 59

Workout #24278 - Thursday, 01 August 2019

Taper 1 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 30:00 DS/Dryland
150	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on :30 USRPT-100 Back Pace
650	1x{1 x 100 on 2:05 Streamline Kick on back { 2 x 50 on 1:10 Alt 25 kick on each side { 2 x 100 on 2:05 Streamline Kick on back { 2 x 50 on 1:10 Alt 25 kick on each side { 1 x 100 on 2:05 Streamline Kick on back { 1 x 50 on 1:00 Alt 25 kick on each side
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 1,825 Yards - Stress Value = 57

Workout #24279 - Thursday, 01 August 2019

Taper 1 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Back Pace
600	1x{1 x 100 on 2:15 Streamline Kick on back { 2 x 50 on 1:15 Alt 25 kick on each side { 2 x 100 on 2:15 Streamline Kick on back { 2 x 50 on 1:15 Alt 25 kick on each side { 1 x 100 on 2:15 Streamline Kick on back
200	1 x 200 on 4:00 Stroke Drills
	6:58 PM 1,675 Yards - Stress Value = 50

Workout #24280 - Thursday, 01 August 2019

Taper 1 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
325	13 x 25 on :35 USRPT-100 Back Pace
600	1x{1 x 100 on 2:20 Streamline Kick on back { 2 x 50 on 1:20 Alt 25 kick on each side { 2 x 100 on 2:20 Streamline Kick on back { 2 x 50 on 1:20 Alt 25 kick on each side { 1 x 100 on 2:20 Streamline Kick on back
200	1 x 200 on 4:00 Stroke Drills
6:59	PM 1,675 Yards - Stress Value = 50

Workout #24281 - Friday, 02 August 2019

Group 3 - USRPT

1 minute rest between sets

5:00 PM Start

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

Workout #24282 - Friday, 02 August 2019

Group 2 - Breast

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	DF
500	4 x 125 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
1,150	1x{1 x 50 on :55 Breast L.25 2k1p	EN2	S	F
	{ 2 x 75 on 1:20 Breast L.25 2k1p	EN2	S	F
	{ 3 x 100 on 1:40 Breast L.25 2k1p	EN2	S	F
	{ 1 x 150 on 2:25 Breast L.25 2k1p	EN2	S	F
	{ 3 x 100 on 1:35 Breast L.25 2k1p	EN2	S	F
	{ 2 x 75 on 1:10 Breast L.25 2k1p	EN2	S	F
	{ 1 x 50 on :45 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:28	PM 2,100 Yards - Stress Value = 39			

Workout #24283 - Friday, 02 August 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	DF
500	4 x 125 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
950	1x{1 x 50 on 1:05 Breast L.25 2k1p	EN2	S	F
	{ 2 x 75 on 1:35 Breast L.25 2k1p	EN2	S	F
	{ 3 x 100 on 2:05 Breast L.25 2k1p	EN2	S	F

	{ 1 x 100 on 2:00 Breast L.25 2k1p	EN2	S	F
	{ 2 x 75 on 1:25 Breast L.25 2k1p	EN2	S	F
	{ 4 x 50 on :55 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:28	PM 1,900 Yards - Stress Value = 35			

Workout #24284 - Friday, 02 August 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	DF
400	4 x 100 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
850	1x{1 x 50 on 1:15 Breast L.25 2k1p	EN2	S	F
	{ 2 x 75 on 1:45 Breast L.25 2k1p	EN2	S	F
	{ 3 x 100 on 2:15 Breast L.25 2k1p	EN2	S	F
	{ 1 x 100 on 2:10 Breast L.25 2k1p	EN2	S	F
	{ 2 x 75 on 1:35 Breast L.25 2k1p	EN2	S	F
	{ 2 x 50 on 1:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
100	1 x 100 on 1:30 Freestyle			
6:31	PM 1,800 Yards - Stress Value = 33			

Workout #24285 - Friday, 02 August 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	DF
400	4 x 100 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
800	1x{1 x 50 on 1:15 Breast L.25 2k1p	EN2	S	F
	{ 2 x 75 on 1:50 Breast L.25 2k1p	EN2	S	F
	{ 3 x 100 on 2:30 Breast L.25 2k1p	EN2	S	F
	{ 1 x 100 on 2:25 Breast L.25 2k1p	EN2	S	F
	{ 2 x 75 on 1:45 Breast L.25 2k1p	EN2	S	F
	{ 1 x 50 on 1:10 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:29	PM 1,650 Yards - Stress Value = 32			

Workout #24286 - Friday, 02 August 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	DF
300	4 x 75 on 2:15 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
650	1x{1 x 50 on 1:30 Breast L.25 2k1p	EN2	S	F
	{ 2 x 75 on 2:15 Breast L.25 2k1p	EN2	S	F
	{ 3 x 100 on 3:00 Breast L.25 2k1p	EN2	S	F
	{ 2 x 75 on 2:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:28	PM 1,400 Yards - Stress Value = 29			

Workout #24287 - Friday, 02 August 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
300	1 on 40:00 DS/Dryland	REC	L	DF
150	4 x 75 on 2:15 SwimUSS	REC	D	CM
500	1x{1 x 50 on 2:00 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 3:00 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 4:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	E
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:29 PM 1,250 Yards - Stress Value = 26				

Workout #24288 - Friday, 02 August 2019

Group 2 - Race day warmup

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 15:00 DS/Showers	REC	L	I
150	1 x 400 on 8:00 Freestyle Drill	REC	D	
400	10 x 15 on :45 Shooters	SP3	S	C
400	4 x 100 on 2:15 Kick	EN1	K	C
400	8 x 50 on 1:15 Down Drill Back Build	EN1	S	C
300	12 x 25 on :40 Variable Speed	EN1	S	C
50	2 x 25 on 2:30 OTB	SP3	S	C
300	1 x 300 on 5:00 5:00 Cool down	REC	D	
6:14 PM 2,000 Yards - Stress Value = 19				

Workout #24289 - Tuesday, 03 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	ST
225	1 on 20:00 Spotlight/DS/Showers		F	
750	15 x 15 on :45 Racing Skills-Free Shooters		S	
300	30 x 25 on :30 100 Free Pace		S	
	1x{8 x 15 on :25 Undr Wtr Fly Kck		F	
	{1 on :30 Rest		F	
	{6 x 15 on :20 Undr Wtr Fly Kck		F	
	{1 on :30 Rest		F	
	{4 x 15 on :15 Undr Wtr Fly Kck		F	
	{1 on :30 Rest		F	
	{2 x 15 on :10 Undr Wtr Fly Kck		F	
750	30 x 25 on :30 100 Breast Pace		S	
100	5 x 20 on 3:00 Tmed Underwaters-B		S	
5:45 PM 2,125 Yards - Stress Value = 175				

Workout #24290 - Tuesday, 03 September 2019

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 25:00 Spotlight/DS/Showers		F	
150	1 x 400 on 6:00 Swim-kick-pull-swim		S	
750	10 x 15 on :45 Racing Skills-Free Shooters		S	
	1x{2 x 125 on 2:10 Kick		F	
	{2 x 125 on 2:05 Kick		F	
	{2 x 125 on 2:00 Kick		F	
100	2x{1 x 25 on :50 Sculling drills		F	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes		F	
1,200	12 x 100 on 1:20 Free-3 KOW up to 9 back dow		S	
	HB 2 SOW		S	
100	5 x 20 on 3:00 Tmed Underwaters-B		S	
5:46 PM 2,700 Yards - Stress Value = 55				

Workout #24291 - Tuesday, 03 September 2019

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
300	1 on 25:00 DS/Dryland		F	
90	1 x 300 on 5:00 Sun Yang Free w/snorkel		S	
450	6 x 15 on :45 Shooters		S	
	9 x 50 on 1:00 Kick		S	
	#1 Fast Turn, #2 no board, #3 Fast!!-Repea		S	
100	4 x 25 on 1:00 Odds face in sculling drills		S	
	Evns-underwaters, count kicks		S	
900	1x{3 x 100 on 1:20 Freestyle		F	
	{3 x 100 on 1:25 Freestyle		F	
	{3 x 100 on 1:30 Freestyle		F	
375	15 x 25 on :30 USRPT-Free		S	
	1 on 9:00 Racing Skills-Starts		S	
250	1 x 250 on 5:00 Stroke Drills		S	
6:59 PM 2,465 Yards - Stress Value = 69				

Workout #24292 - Tuesday, 03 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
300	1 on 25:00 DS/Dryland		F	
90	1 x 300 on 5:00 Sun Yang Free w/snorkel		S	
400	6 x 15 on :45 Shooters		S	
	8 x 50 on 1:05 Kick		S	
	#1 Fast Turn, #2 no board, #3 Fast!!-Repea		S	
100	4 x 25 on 1:00 Odds face in sculling drills		S	
	Evns-underwaters, count kicks		S	
900	1x{3 x 100 on 1:25 Freestyle		F	
	{3 x 100 on 1:30 Freestyle		F	
	{3 x 100 on 1:35 Freestyle		F	
375	15 x 25 on :30 USRPT-Free		S	
	1 on 9:00 Racing Skills-Starts		S	
250	1 x 250 on 5:00 Stroke Drills		S	
7:00 PM 2,415 Yards - Stress Value = 68				

Workout #24293 - Tuesday, 03 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	ST
250	1 on 25:00 DS/Dryland		F	
90	1 x 250 on 5:00 Sun Yang Free w/snorkel		S	
350	6 x 15 on :45 Shooters		S	
	7 x 50 on 1:10 Kick		S	
	#1 Fast Turn, #2 no board, #3 Fast!!-Repea		S	
100	4 x 25 on 1:00 Odds face in sculling drills		S	
	Evns-underwaters, count kicks		S	
800	1x{3 x 100 on 1:35 Freestyle		F	
	{3 x 100 on 1:40 Freestyle		F	
	{2 x 100 on 1:45 Freestyle		F	
325	13 x 25 on :35 USRPT-Free		S	
	1 on 9:00 Racing Skills-Starts		S	
250	1 x 250 on 5:00 Stroke Drills		S	
7:00 PM 2,165 Yards - Stress Value = 59				

Workout #24294 - Tuesday, 03 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Sun Yang Free w/snorkel
90	6 x 15 on :45 Shooters
300	6 x 50 on 1:20 Kick
	#1 Fast Turn, #2 no board , #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
800	1x{3 x 100 on 1:45 Freestyle
	{3 x 100 on 1:50 Freestyle
	{2 x 100 on 1:55 Freestyle
300	12 x 25 on :40 USRPT-Free
	1 on 9:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
	7:00 PM 1,990 Yards - Stress Value = 56

Workout #24295 - Tuesday, 03 September 2019

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 Sun Yang Free w/snorkel
90	6 x 15 on :45 Shooters
300	6 x 50 on 1:30 Kick
	#1 Fast Turn, #2 no board , #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
600	1x{2 x 100 on 2:00 Freestyle
	{2 x 100 on 2:05 Freestyle
	{2 x 100 on 2:10 Freestyle
200	8 x 25 on 1:00 USRPT-Free
	1 on 9:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
	6:59 PM 1,690 Yards - Stress Value = 42

Workout #24296 - Tuesday, 03 September 2019

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 Sun Yang Free w/snorkel
90	6 x 15 on :45 Shooters
250	5 x 50 on 1:45 Kick
	#1 Fast Turn, #2 no board , #3 Fast!!-Repeat
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
450	1x{2 x 75 on 2:00 Freestyle
	{2 x 75 on 2:05 Freestyle
	{2 x 75 on 2:10 Freestyle
200	8 x 25 on 1:00 USRPT-Free
	1 on 9:00 Racing Skills-Starts
200	1 x 200 on 5:00 Stroke Drills
	6:59 PM 1,490 Yards - Stress Value = 38

Workout #24297 - Wednesday, 04 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 20:00 Spotlight/DS/Showers	REC

225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 10:00 Racing Skills-TN Turn Drill	REC
750	30 x 25 on :30 100 Fly Pace	SP2
100	5 x 20 on 3:00 Timed Underwaters S	SP2
	5:45 PM 1,825 Yards - Stress Value = 169	

Workout #24298 - Wednesday, 04 September 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 Spotlight/DS/Showers
400	1 x 400 on 6:00 Top Hat Drill
150	10 x 15 on :45 Racing Skills-Back Shooters
900	3x{2 x 100 on 1:30 Kick with fins
	{4 x 25 on :30 Sprint Kick-no fins
100	2x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
775	1x{1 x 125 on 1:55 Back 1st 25-12KOW
	{1 x 125 on 1:55 Back 2nd 25-12KOW
	{1 x 125 on 1:55 Back 3rd 25-12KOW
	{1 x 125 on 1:55 Back 4th 25-12KOW
	{1 x 125 on 1:55 Back 5th 25-12KOW
	{3 x 50 on :50 Back-descend
100	5 x 20 on 3:00 Timed Underwaters S
	5:45 PM 2,425 Yards - Stress Value = 47

Workout #24299 - Wednesday, 04 September 2019

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	10 x 25 on :30 Wednesday Warm-up
	1-12, 2-13, 3-14, 4-15
75	5 x 15 on :45 Shooters
	All BLSR's 12.5 yds minimum
350	1x{4 x 25 on :45 Kick no board B
	{3 x 50 on 1:00 Kick no board L/R/S
	{4 x 25 on :45 Kick no board B
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	Longer swims focus on PERFECT STREAMLINE-3K
	50'S=Start with 4 KOW +1 each wall
800	1x{1 x 200 on 3:10 Backstroke
	{4 x 50 on :55 Back-descend
	{1 x 150 on 2:25 Backstroke
	{3 x 50 on :55 Back-descend
	{1 x 100 on 1:40 Backstroke
375	15 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,200 Yards - Stress Value = 64

Workout #24300 - Wednesday, 04 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 8 x 25 on :35 Wednesday Warm-up
 1-13, 2-14, 3-15, 2-16
 75 5 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 325 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:05 Kick no board L/R/S
 {3 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 750 1x{1 x 200 on 3:20 Backstroke
 {3 x 50 on 1:00 Back-descend
 {1 x 150 on 2:35 Backstroke
 {3 x 50 on 1:00 Back-descend
 {1 x 100 on 1:45 Backstroke
 325 13 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 2,025 Yards - Stress Value = 57

Workout #24301 - Wednesday, 04 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 175 7 x 25 on :40 Wednesday Warm-up
 1-14, 2-15, 3-16, 1-17
 75 5 x 15 on :45 Shooters
 All BLSR's 10 yds minimum
 325 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:10 Kick no board L/R/S
 {3 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 600 1x{1 x 200 on 4:10 Backstroke
 {3 x 50 on 1:10 Back-descend
 {1 x 150 on 3:15 Backstroke
 {2 x 50 on 1:10 Back-descend
 300 12 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,825 Yards - Stress Value = 52

Workout #24302 - Wednesday, 04 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 150 6 x 25 on :45 Wednesday Warm-up
 1-16, 2-17, 3-18
 75 5 x 15 on :45 Shooters
 All BLSR's 8 yds minimum
 250 1x{2 x 25 on 1:00 Kick no board B
 {3 x 50 on 1:30 Kick no board L/R/S
 {2 x 25 on 1:00 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F

50'S=Start with 4 KOW +1 each wall
 500 1x{1 x 150 on 3:45 Backstroke
 {3 x 50 on 1:30 Back-descend
 {1 x 100 on 2:45 Backstroke
 {2 x 50 on 1:30 Back-descend
 250 10 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,575 Yards - Stress Value = 43

Workout #24303 - Wednesday, 04 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 125 5 x 25 on 1:00 Wednesday Warm-up
 1-20, 2-21, 3-22
 75 5 x 15 on :45 Shooters
 All BLSR's 5 yds minimum
 200 1x{2 x 25 on 1:15 Kick no board B
 {2 x 50 on 2:00 Kick no board L/R
 {2 x 25 on 1:15 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 400 1x{1 x 150 on 4:30 Backstroke
 {2 x 50 on 1:45 Back-descend
 {1 x 100 on 3:15 Backstroke
 {1 x 50 on 1:45 Back-descend
 200 8 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 6:59 PM 1,350 Yards - Stress Value = 35

Workout #24304 - Wednesday, 04 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 125 5 x 25 on 1:00 Wednesday Warm-up
 1-20, 2-21, 3-22
 75 5 x 15 on :45 Shooters
 All BLSR's 5 yds minimum
 150 1x{2 x 25 on 1:30 Kick no board B
 {2 x 50 on 3:00 Kick no board L/R
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 400 1x{1 x 150 on 5:00 Backstroke
 {2 x 50 on 1:45 Back-descend
 {1 x 100 on 3:30 Backstroke
 {1 x 50 on 1:45 Back-descend
 200 8 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Game
 250 1 x 250 on 5:00 Stroke Drills
 7:00 PM 1,300 Yards - Stress Value = 34

Workout #24305 - Thursday, 05 September 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
4:15 PM	Start	
=====	=====	=====
1	on 20:00 Spotlight/DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Breast Pace	SE
1	on 10:00 Racing Skills-Starts to 15m	RE
750	30 x 25 on :30 100 Free Pace	SE
100	5 x 20 on 3:00 Tmed Underwaters-B	SE
5:45 PM	1,825 Yards - Stress Value = 169	

{2 x 25 on :30 Your #1 non free	EN2
{2 x 25 on :20 Freestyle	EN2
{3 x 25 on :30 Your #1 non free	EN2
{3 x 25 on :20 Freestyle	EN2
{4 x 25 on :30 Your #1 non free	EN2
{4 x 25 on :20 Freestyle	EN2
{5 x 25 on :30 Your #1 non free	EN2
{5 x 25 on :20 Freestyle	EN2
{6 x 25 on :30 Your #1 non free	EN2
{6 x 25 on :20 Freestyle	EN2
{7 x 25 on :30 Your #1 non free	EN2
{7 x 25 on :20 Freestyle	EN2
100 1 x 100 on 9:00 100 Free-OTB	SP2
7:00 AM 3,850 Yards - Stress Value = 68	

Workout #24306 - Thursday, 05 September 2019

Group 3 - Breast

1 minute rest between sets

Yards	Set Description	EC
4:15 PM	Start	
=====	=====	=====
1	on 25:00 Spotlight/DS/Showers	RE
400	1 x 400 on 6:00 Top Hat Drill Odd 100's free evens bac	
150	10 x 15 on :45 Racing Skills-Breast Shooters	SE
600	1x{1 x 300 on 5:00 Kick {1 x 200 on 3:20 Kick {1 x 100 on 1:35 Kick	SE
150	3x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes	SE
900	3x{1 x 150 on 2:30 Breast L.75 fly Kick {1 x 100 on 1:40 Breast DPS {1 x 50 on 1:00 Breast FAST 2X Pullouts on tu	SE
100	5 x 20 on 3:00 Tmed Underwaters-B	SE
5:45 PM	2,300 Yards - Stress Value = 48	

Workout #24309 - Thursday, 05 September 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	=====
1	on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
75	5 x 15 on :45 Shooters	
400	1x{1 x 200 on 4:30 Kick {1 x 100 on 2:15 Kick {1 x 100 on 2:10 Kick	SE
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks	
350	1 on 15:00 Teach Day-Breast 14 x 25 on :35 USRPT-100 Breast Pace	SE
250	1 on 10:00 Racing Skills-Relay Starts 1 x 250 on 4:00 Stroke Drills	SE
7:00 PM	1,475 Yards - Stress Value = 46	

Workout #24307 - Thursday, 05 September 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
=====	=====	=====
1	on 11:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	EN2
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace 1 on 10:00 Video Evaluations 2-	EN2 SP2 REC SP2 REC SP2
750	30 x 25 on :30 Your #1-100	SP2
100	1 x 100 on 9:00 100 Free-OTB	SP2
7:00 AM	2,575 Yards - Stress Value = 239	

Workout #24310 - Thursday, 05 September 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EC
5:30 PM	Start	
=====	=====	=====
1	on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
75	5 x 15 on :45 Shooters	
350	1x{1 x 200 on 4:45 Kick {1 x 100 on 2:20 Kick {1 x 50 on 1:10 Kick	SE
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks	
350	1 on 15:00 Teach Day-Breast 14 x 25 on :35 USRPT-100 Breast Pace	SE
250	1 on 10:00 Racing Skills-Relay Starts 1 x 250 on 4:00 Stroke Drills	SE
7:00 PM	1,425 Yards - Stress Value = 45	

Workout #24308 - Thursday, 05 September 2019

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EC
5:30 AM	Start	
=====	=====	=====
1	on 15:00 DS/Showers	REC
400	1 x 400 on 6:00 Choice	REC
150	10 x 15 on :45 Racing Skills-#1 Shooters	EN2
1,800	1x{1 x 400 on 5:30 Pulls with paddles {2 x 200 on 2:35 Freestyle {1 x 300 on 4:10 Pulls with paddles {2 x 150 on 1:55 Freestyle {1 x 200 on 2:50 Pulls with paddles {2 x 100 on 1:15 Freestyle	EN1 EN2 EN1 EN2 EN1 EN2
1,400	1x{1 x 25 on :30 Your #1-non free {1 x 25 on :20 Freestyle	EN2 EN2

Workout #24311 - Thursday, 05 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
300	1x{1 x 150 on 4:00 Kick
	{1 x 100 on 2:35 Kick
	{1 x 50 on 1:15 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
325	13 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,250 Yards - Stress Value = 41

Workout #24312 - Thursday, 05 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
300	1x{1 x 150 on 4:10 Kick
	{1 x 100 on 2:40 Kick
	{1 x 50 on 1:20 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
325	13 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,250 Yards - Stress Value = 41

Workout #24313 - Thursday, 05 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3
75	5 x 15 on :45 Shooters
300	1x{1 x 100 on 3:00 Kick
	{1 x 100 on 2:55 Kick
	{1 x 100 on 2:50 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
300	12 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,225 Yards - Stress Value = 39

Workout #24314 - Thursday, 05 September 2019

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
75	5 x 15 on :45 Shooters
250	1x{1 x 100 on 3:30 Kick

	{1 x 100 on 3:20 Kick
	{1 x 50 on 1:45 Kick
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	1 on 15:00 Teach Day-Breast
225	9 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:00 PM 1,050 Yards - Stress Value = 30

Workout #24315 - Friday, 06 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY W
=====	=====	=====
	1 on 20:00 Spotlight/DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Tic Tac Toe Relay	REC
750	30 x 25 on :30 100 Back Pace	SP2
100	5 x 20 on 3:00 Timed Underwaters S	SP2
	5:45 PM 1,825 Yards - Stress Value = 169	

Workout #24316 - Friday, 06 September 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EG
=====	=====	=====
	1 on 25:00 Spotlight/DS/Showers	RE
400	1 x 400 on 6:00 Reverse IM drill	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
900	1x{4 x 25 on :30 Kick no board BSLR	EM
	{1 x 100 on 1:25 Kick	EM
	{4 x 25 on :25 Kick no board BSLR	EM
	{2 x 100 on 1:30 Kick	EM
	{4 x 25 on :20 Kick no board BSLR	EM
	{3 x 100 on 1:35 Kick	EM
1,200	4x{2 x 125 on 1:45 Individual Medley	EM
	{1 x 50 on 1:00 EZ Free	RE
	1st round 50 fly, 2nd round 50 back	
	3rd round 50 breast, 4th round 50 free	
100	5 x 20 on 3:00 Timed Underwaters S	SE
	5:46 PM 2,750 Yards - Stress Value = 54	

Workout #24317 - Friday, 06 September 2019

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EG
=====	=====	=====
	1 on 40:00 DS/Dryland	RE
500	4 x 125 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
1,200	6x{8 x 25 on :25 Butterfly	EM
	{1 on 1:00 Rest	RE
200	1 x 200 on 4:00 Stroke Drills	RE
	6:30 PM 2,050 Yards - Stress Value = 30	

Workout #24318 - Friday, 06 September 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 40:00 DS/Dryland	RE
500	4 x 125 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
1,000	5x{8 x 25 on :30 Butterfly	EN
	{1 on 1:00 Rest	RE
200	1 x 200 on 4:00 Stroke Drills	RE
	6:29 PM 1,850 Yards - Stress Value = 26	

Workout #24319 - Friday, 06 September 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 40:00 DS/Dryland	RE
400	4 x 100 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
1,000	5x{8 x 25 on :35 Butterfly	EN
	{1 on 1:00 Rest	RE
	Only do 4 on the 5th round	
200	1 x 200 on 4:00 Stroke Drills	RE
	6:33 PM 1,750 Yards - Stress Value = 26	

Workout #24320 - Friday, 06 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 40:00 DS/Dryland	RE
400	4 x 100 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
800	4x{8 x 25 on :40 Butterfly	EN
	{1 on 1:00 Rest	RE
200	1 x 200 on 4:00 Stroke Drills	RE
	6:30 PM 1,550 Yards - Stress Value = 22	

Workout #24321 - Friday, 06 September 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 40:00 DS/Dryland	RE
300	4 x 75 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
800	4x{8 x 25 on :45 Butterfly	EN
	{1 on 1:00 Rest	RE
	Only do 6 on the 4th round	
200	1 x 200 on 4:00 Stroke Drills	RE
	6:32 PM 1,450 Yards - Stress Value = 22	

Workout #24322 - Friday, 06 September 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start		
Yards	Set Description	EC
=====	=====	==
	1 on 40:00 DS/Dryland	RE
300	4 x 75 on 2:15 SwimUSS	RE
150	10 x 15 on :45 Racing Skills-Fly Shooters	SF
600	4x{6 x 25 on 1:00 Butterfly	EN

{1 on 1:00 Rest RE

Only do 4 on the 4th round

200 1 x 200 on 4:00 Stroke Drills RE

6:32 PM 1,250 Yards - Stress Value = 18

Workout #24323 - Monday, 09 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 20:00 Spotlight/DS/Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	S
1,500	30 x 50 on :50 200 Fly Pace	S
	1 on 5:00 Video Evaluations 2-	F
750	30 x 25 on :30 100 Back Pace	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	E
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	E
750	30 x 25 on :30 100 Breast Pace	S
	6:00 PM 3,525 Yards - Stress Value = 315	

Workout #24324 - Monday, 09 September 2019

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start		
Yards	Set Description	E
=====	=====	=
	1 on 25:00 Spotlight/DS/Showers	F
400	1 x 400 on 6:00 Swim-kick-pull-swim	F
150	10 x 15 on :45 Racing Skills-Free Shooters	S
2,000	1x{1 x 400 on 5:15 Freestyle	E
	{1 x 400 on 5:10 Freestyle	E
	{1 x 400 on 5:05 Freestyle	E
	{1 x 400 on 5:00 Freestyle	E
	{1 x 400 on 4:55 Freestyle	E
750	10 x 75 on 1:05 Pulls alt BO S/H/K/F	E
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
1,000	10 x 100 on 1:20 Free	E
	HB 2+ SOW 3/4/5/6 KOW Hold under 1:10	
	Everyone made subtract one	
200	1 x 200 on 3:00 Stroke Drills	F
	6:03 PM 4,800 Yards - Stress Value = 77	

Workout #24325 - Monday, 09 September 2019

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
425	6 x 15 on :45 Shooters
100	1x{5 x 75 on 1:35 Breast Kick w/board {1 x 50 on 1:05 Breast Kick-100%
650	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
375	1x{2 x 200 on 4:00 Breast w/2X pullots bh {1 x 150 on 3:00 Breast w/2X pullots bh {1 x 100 on 2:00 Breast w/2X pullots bh
250	15 x 25 on :35 USRPT-100 Breast Pace
7:00 PM	1 on 9:00 Breast Relay
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,190 Yards - Stress Value = 64

Workout #24326 - Monday, 09 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
90	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
375	6 x 15 on :45 Shooters
100	1x{5 x 75 on 1:45 Breast Kick w/board 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
600	1x{1 x 200 on 4:20 Breast w/2X pullots bh {1 x 150 on 3:15 Breast w/2X pullots bh {2 x 100 on 2:10 Breast w/2X pullots bh {1 x 50 on 1:00 Breast w/2X pullots bh
325	13 x 25 on :40 USRPT-100 Breast Pace
250	1 on 9:00 Breast Relay
7:00 PM	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,040 Yards - Stress Value = 56

Workout #24327 - Monday, 09 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
90	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
350	6 x 15 on :45 Shooters
100	1x{4 x 75 on 1:55 Breast Kick w/board {1 x 50 on 1:15 Breast-100%
550	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
325	1x{1 x 200 on 4:40 Breast w/2X pullots bh {2 x 150 on 3:30 Breast w/2X pullots bh {1 x 50 on 1:10 Breast w/2X pullots bh
250	13 x 25 on :40 USRPT-100 Breast Pace
7:00 PM	1 on 9:00 Breast Relay
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,915 Yards - Stress Value = 54

Workout #24328 - Monday, 09 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland

250	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
90	6 x 15 on :45 Shooters
300	1x{4 x 75 on 2:05 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
500	1x{1 x 200 on 5:00 Breast w/2X pullots bh {1 x 150 on 3:45 Breast w/2X pullots bh {1 x 100 on 2:30 Breast w/2X pullots bh {1 x 50 on 1:15 Breast w/2X pullouts bh
275	11 x 25 on :45 USRPT-100 Breast Pace
250	1 on 9:00 Breast Relay
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,765 Yards - Stress Value = 48

Workout #24329 - Monday, 09 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
90	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
300	6 x 15 on :45 Shooters
100	1x{4 x 75 on 2:15 Breast Kick w/board 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
500	1x{1 x 200 on 5:20 Breast w/2X pullots bh {1 x 150 on 4:00 Breast w/2X pullots bh {2 x 75 on 2:00 Breast w/2X pullots bh
275	11 x 25 on :45 USRPT-100 Breast Pace
250	1 on 9:00 Breast Relay
	1 x 250 on 5:00 Stroke Drills
	7:01 PM 1,715 Yards - Stress Value = 48

Workout #24330 - Monday, 09 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 25:00 DS/Dryland
90	1 x 150 on 5:00 By 100: THD + ThmbDrg + CFP
200	6 x 15 on :45 Shooters
100	1x{4 x 50 on 2:15 Breast Kick w/board 4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
350	1x{1 x 150 on 5:20 Breast w/2X pullots bh {1 x 100 on 4:00 Breast w/2X pullots bh {1 x 75 on 2:40 Breast w/2X pullots bh {1 x 25 on 1:00 Breast w/2X pullouts bh
225	9 x 25 on 1:00 USRPT-100 Breast Pace
250	1 on 9:00 Breast Relay
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 1,365 Yards - Stress Value = 37

Workout #24331 - Tuesday, 10 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
	1 on 20:00 Spotlight/DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Video Evaluations 2-	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 10:00 Racing Skills-TN Turn Drills	REC
750	30 x 25 on :30 100 Free Pace	SP2
	6:00 PM 3,225 Yards - Stress Value = 309	

Workout #24332 - Tuesday, 10 September 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 400 1 x 400 on 6:00 Top Hat Drill
 150 10 x 15 on :45 Racing Skills-Back Shooters
 980 1x{1 x 50 on 1:00 Vertical Kick-30/30
 {4 x 30 on 1:00 15 underwater 15 sprint free
 {2 x 50 on 1:00 Vertical Kick 35/25
 {4 x 30 on :55 15 underwater 15 sprint free
 {3 x 50 on 1:00 Vertical Kick 40/20
 {4 x 30 on :50 15 underwater 15 sprint free
 {4 x 50 on 1:00 Vertical Kick 45/15
 {4 x 30 on :45 15 underwater 15 sprint free
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,500 1x{1 x 200 on 3:00 Backstroke
 {2 x 175 on 2:35 Backstroke
 {3 x 150 on 2:10 Backstroke
 {4 x 125 on 1:45 Backstroke
 300 3 x 100 on 1:30 Free-descend to ludicrous sp
 200 1 x 200 on 3:00 Stroke Drills
 6:00 PM 3,730 Yards - Stress Value = 60

Workout #24333 - Tuesday, 10 September 2019

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 SunYangFree-CountStrokes
 90 6 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 350 1x{4 x 25 on :45 Kick no board B
 {4 x 50 on 1:00 Kick no board L/R/S/C
 {2 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 750 1x{1 x 200 on 3:10 Backstroke
 {4 x 50 on :55 Back-descend
 {1 x 150 on 2:25 Backstroke
 {3 x 50 on :55 Back-descend
 {1 x 50 on :50 Backstroke
 375 15 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 200 1 x 200 on 4:00 Stroke Drills
 6:59 PM 2,165 Yards - Stress Value = 64

Workout #24334 - Tuesday, 10 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 SunYangFree-Count strokes
 90 6 x 15 on :45 Shooters
 All BLSR's 12.5 yds minimum
 325 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:10 Kick no board L/R/S
 {3 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 650 1x{1 x 200 on 3:20 Backstroke

{3 x 50 on 1:05 Back-descend
 {1 x 150 on 2:35 Backstroke
 {2 x 50 on 1:05 Back-descend
 {1 x 50 on 1:00 Backstroke
 325 13 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 6:59 PM 1,990 Yards - Stress Value = 56

Workout #24335 - Tuesday, 10 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 90 6 x 15 on :45 Shooters
 All BLSR's 10 yds minimum
 300 1x{4 x 25 on :45 Kick no board B
 {3 x 50 on 1:20 Kick no board L/R/S
 {2 x 25 on :45 Kick no board B
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 550 1x{1 x 200 on 4:30 Backstroke
 {3 x 50 on 1:15 Back-descend
 {1 x 150 on 3:30 Backstroke
 {1 x 50 on 1:15 Back-descend
 325 13 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 200 1 x 200 on 4:00 Stroke Drills
 6:59 PM 1,815 Yards - Stress Value = 53

Workout #24336 - Tuesday, 10 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 90 6 x 15 on :45 Shooters
 All BLSR's 8 yds minimum
 300 1x{4 x 25 on :45 Kick no board B
 {4 x 50 on 1:30 Kick no board L/R/S/C
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 Longer swims focus on PERFECT STREAMLINE-3F
 50'S=Start with 4 KOW +1 each wall
 450 1x{1 x 150 on 3:45 Backstroke
 {3 x 50 on 1:30 Back-descend
 {1 x 100 on 2:45 Backstroke
 {1 x 50 on 1:30 Back-descend
 300 12 x 25 on :40 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back starts
 200 1 x 200 on 4:00 Stroke Drills
 6:59 PM 1,690 Yards - Stress Value = 49

Workout #24337 - Tuesday, 10 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
90	1 x 200 on 5:00 SunYangFree-Count strokes
90	6 x 15 on :45 Shooters
	All BLSR's 5 yds minimum
200	1x{4 x 25 on 1:15 Kick no board B
	{2 x 50 on 2:00 Kick no board L/R
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	Longer swims focus on PERFECT STREAMLINE-3F
	50'S=Start with 4 KOW +1 each wall
400	1x{1 x 150 on 4:10 Backstroke
	{2 x 50 on 1:45 Back-descend
	{1 x 100 on 2:55 Backstroke
	{1 x 50 on 1:45 Back-fast
250	10 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,440 Yards - Stress Value = 41

Workout #24338 - Tuesday, 10 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 25:00 DS/Dryland
90	1 x 150 on 5:00 SunYangFree-Count strokes
90	6 x 15 on :45 Shooters
	All BLSR's 5 yds minimum
200	1x{4 x 25 on 1:15 Kick no board B
	{2 x 50 on 2:00 Kick no board L/R
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	Longer swims focus on PERFECT STREAMLINE-3F
	50'S=Start with 4 KOW +1 each wall
350	1x{1 x 100 on 3:30 Backstroke
	{2 x 50 on 2:00 Back-descend
	{1 x 100 on 4:00 Backstroke
	{1 x 50 on 1:00 Back-fast
250	10 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	6:59 PM 1,340 Yards - Stress Value = 40

Workout #24339 - Wednesday, 11 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
	1 on 20:00 Spotlight/DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SI
1,500	30 x 50 on :55 200 Breast Pace	SI
	1 on 5:00 Video Evaluations 2-	RE
750	30 x 25 on :30 100 Free Pace	SI
	1 on 7:00 Racing Skills-Peer Coaching-Strt	RE
750	30 x 25 on :30 100 Fly Pace	SI
	6:00 PM 3,225 Yards - Stress Value = 309	

Workout #24340 - Wednesday, 11 September 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description
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Yards	Set Description
	1 on 25:00 Spotlight/DS/Showers
400	16 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Racing Skills-Breast Shooters
900	1x{1 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:35 Kick
	{4 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:35 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	Each swim R.5 sec before L.25
	L.25 2X pullouts, Great EFFORT!!
2,000	1x{1 x 250 on 4:10 Breaststroke
	{2 x 225 on 3:45 Breaststroke
	{3 x 200 on 3:20 Breaststroke
	{4 x 175 on 2:55 Breaststroke
200	1 x 200 on 3:00 Stroke Drills
	6:00 PM 3,850 Yards - Stress Value = 66

Workout #24341 - Wednesday, 11 September 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 11:00 DS/Showers	REC	REC
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	SP3
2,250	30 x 75 on 1:05 1000 Free Pace	SP2	SP2
	1 on 5:00 Video Evaluations 2-	REC	REC
750	30 x 25 on :30 Your #1 non free 100	SP2	SP2
100	5 x 20 on 3:00 Timed Underwaters-S	SP2	SP2
	7:04 AM 3,325 Yards - Stress Value = 319		

Workout #24342 - Wednesday, 11 September 2019

Group 3 - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 15:00 DS/Showers
400	16 x 25 on :30 Wednesday Warm-up
1,800	12 x 150 on 2:00 Free Descend in 3's/and set
	1 on 5:00 Video Evaluations
600	1x{1 x 100 on 1:40 Pulls w/Parachutes
	{2 x 75 on 1:15 Pulls w/Parachutes
	{3 x 50 on :50 Pulls w/Parachutes
	{ 25's br on 7
	{8 x 25 on :30 Pulls w/Parachutes
100	5 x 20 on 3:00 Timed Underwaters-S
150	10 x 15 on :45 Racing Skills-#1 Shooter
	7:00 AM 3,050 Yards - Stress Value = 136

Workout #24343 - Wednesday, 11 September 2019

Group 2 - Freestylers
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
250	1 on 25:00 DS/Dryland
90	10 x 25 on :30 Wednesday Warm-up 1-12, 2-13, 3-14, 4-15
450	6 x 15 on :45 Shooters
100	9 x 50 on 1:00 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
900	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
375	1x{2 x 125 on 1:40 Freestyle 2 x 125 on 1:45 Freestyle 2 x 125 on 1:50 Freestyle 2 x 75 on 1:10 Freestyle
250	15 x 25 on :30 USRPT-Free
7:00 PM	1 on 10:00 Relay
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,415 Yards - Stress Value = 69

Workout #24344 - Wednesday, 11 September 2019

Group 2 - Gold
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
200	1 on 25:00 DS/Dryland
90	8 x 25 on :35 Wednesday Warm-up 1-13, 2-14, 3-15, 2-16
400	6 x 15 on :45 Shooters
100	8 x 50 on 1:05 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
800	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
375	1x{2 x 125 on 1:50 Freestyle 2 x 125 on 1:55 Freestyle 2 x 125 on 2:00 Freestyle 1 x 50 on :50 Freestyle
250	15 x 25 on :30 USRPT-Free
7:00 PM	1 on 10:00 Relay
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,215 Yards - Stress Value = 66

Workout #24345 - Wednesday, 11 September 2019

Group 2 - Silver
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
175	1 on 25:00 DS/Dryland
90	7 x 25 on :40 1-14, 2-15, 3-16, 1-17
350	6 x 15 on :45 Shooters
100	7 x 50 on 1:10 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
750	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
325	1x{2 x 125 on 2:05 Freestyle 2 x 125 on 2:10 Freestyle 2 x 125 on 2:15 Freestyle
250	13 x 25 on :35 USRPT-Free
7:00 PM	1 on 10:00 Relay
	1 x 250 on 5:00 Stroke Drills
	7:00 PM 2,040 Yards - Stress Value = 58

Workout #24346 - Wednesday, 11 September 2019

Group 2 - Silver/Bronze
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
150	1 on 25:00 DS/Dryland
90	6 x 25 on :45 Wednesday Warm-up 1-16, 2-17, 3-18
300	6 x 15 on :45 Shooters
100	6 x 50 on 1:20 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
700	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
325	1x{2 x 125 on 2:25 Freestyle 2 x 125 on 2:30 Freestyle 2 x 100 on 2:05 Freestyle
200	13 x 25 on :35 USRPT-Free
7:00 PM	1 on 10:00 Relay
	1 x 200 on 5:00 Stroke Drills
	7:00 PM 1,865 Yards - Stress Value = 56

Workout #24347 - Wednesday, 11 September 2019

Group 2 - Bronze
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
125	1 on 25:00 DS/Dryland
90	5 x 25 on 1:00 Wednesday Warm-up 1-20, 2-21, 3-22
300	6 x 15 on :45 Shooters
100	6 x 50 on 1:30 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
500	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
250	1x{2 x 100 on 2:25 Freestyle 2 x 100 on 2:30 Freestyle 2 x 50 on 1:20 Freestyle
200	10 x 25 on :45 USRPT-Free
7:00 PM	1 on 10:00 Relay
	1 x 200 on 5:00 Stroke Drills
	7:00 PM 1,565 Yards - Stress Value = 45

Workout #24348 - Wednesday, 11 September 2019

Group 2 - Copper
1 minute rest between sets

Yards	Set Description
5:30 PM	Start
125	1 on 25:00 DS/Dryland
90	5 x 25 on 1:00 Wednesday Warm-up 1-20, 2-21, 3-22
250	6 x 15 on :45 Shooters
100	5 x 50 on 1:45 Kick #1 Fast Turn, #2 no board, #3 Fast!!-Repeat
400	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
250	1x{2 x 75 on 2:25 Freestyle 2 x 75 on 2:30 Freestyle 2 x 50 on 1:20 Freestyle
200	10 x 25 on :45 USRPT-Free
7:00 PM	1 on 10:00 Relay
	1 x 200 on 5:00 Stroke Drills
	7:00 PM 1,415 Yards - Stress Value = 42

Workout #24349 - Thursday, 12 September 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 11:00 DS>Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	EN2
1,500	1x{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
	{1 on 1:00 Rest	REC
	{10 x 50 on :55 400 IM Pace	SP2
750	1 on 9:00 Video Evaluations 2-	REC
	30 x 25 on :30 Your #1-100	SP2
	1 on 11:00 Sculling Drill Relay	EN2
7:00 AM	2,475 Yards - Stress Value = 229	

Workout #24350 - Thursday, 12 September 2019

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 15:00 DS>Showers	REC
400	1 x 400 on 6:00 Reverse IM drill	REC
150	10 x 15 on :45 Racing Skills-#1 Shooters	EN2
3,450	1x{3 x 400 on 5:30 Individual Medley	EN2
	{3 x 50 on :45 Perfect Free	EN1
	{3 x 300 on 4:10 Individual Medley	EN2
	{3 x 50 on :45 Perfect Free	EN1
	{3 x 200 on 2:45 Individual Medley	EN2
	{3 x 50 on :45 Freestyle	EN1
	{3 x 100 on 1:25 Individual Medley	EN1
	1 on 11:00 Sculling Drill Relay	EN2
7:00 AM	4,000 Yards - Stress Value = 66	

Workout #24351 - Thursday, 12 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 20:00 Sotlight/DS>Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 5:00 Video Evaluations 2-	REC
750	30 x 25 on :30 100 Fly Pace	SP2
	1 on 10:00 Racing Skills-Sculling Drills	REC
750	30 x 25 on :30 100 Back Pace	SP2
6:00 PM	3,225 Yards - Stress Value = 309	

Workout #24352 - Thursday, 12 September 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 Sotlight/DS>Showers	
400	1 x 400 on 6:00 Underwater trn drill	
150	10 x 15 on :45 Racing Skills-Fly Shooters	
600	1x{1 x 100 on 1:45 Kick	
	{1 x 100 on 1:40 Kick	
	{1 x 100 on 1:35 Kick	
	{1 x 100 on 1:30 Kick	
	{1 x 100 on 1:25 Kick	
	{1 x 100 on 1:20 Kick	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,000	5x{8 x 25 on :25 Fly	

{1 on 1:00 Rest

1 on 10:00 Sculling drills

600 3 x 200 on 2:45 Free-Descend to Ludicrous Sp

250 1 x 250 on 3:00 Stroke Drills

6:00 PM 3,200 Yards - Stress Value = 52

Workout #24353 - Thursday, 12 September 2019

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
90	6 x 15 on :45 Shooters	
	1 on 15:00 TEACH DAY-Fly	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evns-underwaters, count kicks	
375	15 x 25 on :30 USRPT-100 Fly Pace	
300	1x{4 x 25 on :45 Kick no board S	
	{1 x 100 on 2:15 Fly Kick w/board	
	{4 x 25 on :45 Kick no board S	
	1 on 10:00 Racing Skills-Starts	
200	1 x 200 on 4:00 Stroke Drills	
7:00 PM	1,365 Yards - Stress Value = 48	

Workout #24354 - Thursday, 12 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
90	6 x 15 on :45 Shooters	
	1 on 15:00 TEACH DAY-Fly	
100	4 x 25 on 1:00 Odds face in sculling drills	
	Evns-underwaters, count kicks	
325	13 x 25 on :35 USRPT-100 Fly Pace	
300	1x{4 x 25 on :45 Kick no board S	
	{1 x 100 on 2:25 Fly Kick w/board	
	{4 x 25 on :45 Kick no board S	
	1 on 10:00 Racing Skills-Starts	
200	1 x 200 on 4:00 Stroke Drills	
7:00 PM	1,315 Yards - Stress Value = 42	

Workout #24355 - Thursday, 12 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
90	6 x 15 on :45 Shooters	
	1 on 15:00 TEACH DAY-Fly	
100	4 x 25 on 1:00 Odds face in sculling drills	
325	13 x 25 on :35 USRPT-100 Fly Pace	
	Evns-underwaters, count kicks	
300	1x{4 x 25 on :45 Kick no board S	
	{1 x 100 on 2:35 Fly Kick w/board	
	{4 x 25 on :45 Kick no board S	
	1 on 10:00 Racing Skills-Starts	
200	1 x 200 on 4:00 Stroke Drills	
7:00 PM	1,315 Yards - Stress Value = 42	

Workout #24356 - Thursday, 12 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 90 6 x 15 on :45 Shooters
 1 on 15:00 TEACH DAY-Fly
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 300 12 x 25 on :40 USRPT-100 Fly Pace
 300 1x{4 x 25 on :45 Kick no board S
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :45 Kick no board S
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,290 Yards - Stress Value = 40

Workout #24357 - Thursday, 12 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 90 6 x 15 on :45 Shooters
 1 on 15:00 TEACH DAY-Fly
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 275 11 x 25 on :45 USRPT-100 Fly Pace
 250 1x{4 x 25 on 1:00 Kick no board S
 {1 x 100 on 2:55 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board S
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:01 PM 1,215 Yards - Stress Value = 37

Workout #24358 - Thursday, 12 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 90 6 x 15 on :45 Shooters
 1 on 15:00 TEACH DAY-Fly
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 200 8 x 25 on 1:00 USRPT-100 Fly Pace
 200 1x{4 x 25 on 1:00 Kick no board S
 {1 x 50 on 2:30 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board S
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:00 PM 1,090 Yards - Stress Value = 28

Workout #24359 - Friday, 13 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 20:00 Spotlight/DS/Showers
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 600 30 x 20 on :30 100 Back Pace*
 1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball

600 30 x 20 on :30 100 Fly Pace* SF
 1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball RF
 600 30 x 20 on :30 100 Free Pace* SF
 5:45 PM 2,025 Yards - Stress Value = 189

Workout #24360 - Friday, 13 September 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Sotlight/DS/Showers
 400 1 x 400 on 6:00 Reverse IM drill
 150 10 x 15 on :45 Racing Skills-Crossover turns
 300 12 x 25 on :45 Kick no board BSLR w/fins
 All 100%
 2,000 1x{1 x 500 on 7:30 Individual Medley
 {1 x 150 on 2:05 Butterfly
 {1 x 400 on 6:00 Individual Medley
 {1 x 150 on 2:00 Backstroke
 {1 x 300 on 4:30 Individual Medley
 {1 x 150 on 2:20 Breaststroke
 {1 x 200 on 3:00 Individual Medley
 {1 x 150 on 1:45 Freestyle
 { IM's are 25 drill 25 swim
 200 1 x 200 on 3:00 IM-Broken at the 50's
 Rest 10-20-30 seconds
 250 1 x 250 on 4:00 Stroke Drills
 5:45 PM 3,300 Yards - Stress Value = 72

Workout #24361 - Friday, 13 September 2019

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Dryland
 500 4 x 125 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 1,700 1x{1 x 300 on 4:30 Individual Medley
 {4 x 25 on :30 Fly lup+ldown
 {1 x 100 on 1:35 Individual Medley
 {1 x 100 on 1:30 Individual Medley
 {1 x 50 on 1:00 Easy Free
 {1 x 300 on 4:20 Individual Medley
 {4 x 25 on :30 Back 5KOW+2
 {1 x 100 on 1:30 Individual Medley
 {1 x 100 on 1:25 Individual Medley
 {1 x 50 on 1:00 Easy Free
 {1 x 300 on 4:10 Individual Medley
 {4 x 25 on :30 Breaststroke 2X Pullouts
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 2,550 Yards - Stress Value = 38

EGY W
 REC
 REC
 SP3
 EN2
 EN2
 EN2
 EN2
 REC
 EN2
 EN2
 EN2
 REC
 EN2
 EN2
 EN2
 REC
 EN2
 REC

Workout #24362 - Friday, 13 September 2019

1 minute rest between sets

Group 2 - Gold

1 minute rest between sets

5:00 PM Start				5:00 PM Start			
Yards	Set Description	EGY	WORK	Yards	Set Description	EGY	WORK
500	1 on 40:00 DS/Dryland	REC	L I	300	1 on 40:00 DS/Dryland	REC	L I
150	4 x 125 on 2:15 SwimUSS	REC	S	150	4 x 75 on 2:15 SwimUSS	REC	S
1,700	10 x 15 on :45 Shooters	SP3	S	1,100	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 300 on 4:45 Individual Medley	EN2	S		1x{1 x 200 on 5:00 Individual Medley	EN2	S
	{4 x 25 on :30 Fly lup+ldown	EN2	S E		{4 x 25 on :40 Fly lup+ldown	EN2	S E
	{1 x 100 on 1:35 Individual Medley	EN2	S		{1 x 100 on 2:30 Individual Medley	EN2	S
	{1 x 100 on 1:30 Individual Medley	EN2	S		{1 x 100 on 2:25 Individual Medley	EN2	S
	{1 x 50 on 1:00 Easy Free	REC	S		{1 x 50 on 1:30 Easy Free	REC	S
	{1 x 300 on 4:40 Individual Medley	EN2	S		{1 x 200 on 4:55 Individual Medley	EN2	S
	{4 x 25 on :30 Back 5KOW+2	EN2	S		{4 x 25 on :40 Back 5KOW+2	EN2	S
	{1 x 100 on 1:30 Individual Medley	EN2	S		{1 x 100 on 2:25 Individual Medley	EN2	S
	{1 x 100 on 1:25 Individual Medley	EN2	S	200	{1 x 100 on 2:20 Individual Medley	EN2	S
	{1 x 50 on 1:00 Easy Free	REC	S		{2 x 25 on :45 Breaststroke	EN2	S
	{1 x 300 on 4:35 Individual Medley	EN2	S		1 x 200 on 3:00 Stroke Drills	REC	D
	{1 x 100 on 1:25 Individual Medley	EN2	S		6:31 PM 1,750 Yards - Stress Value = 27		
200	1 x 200 on 3:00 Stroke Drills	REC	D		Workout #24366 - Friday, 13 September 2019		
	6:31 PM 2,550 Yards - Stress Value = 38				Group 2 - Copper		

Workout #24366 - Friday, 13 September 2019

Group 2 - Copper

1 minute rest between sets

Workout #24363 - Friday, 13 September 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start				5:00 PM Start			
Yards	Set Description	EGY	WORK	Yards	Set Description	EGY	WORK
400	1 on 40:00 DS/Dryland	REC	L I	300	1 on 40:00 DS/Dryland	REC	L I
150	4 x 100 on 2:15 SwimUSS	REC	S	150	4 x 75 on 2:15 SwimUSS	REC	S
1,450	10 x 15 on :45 Shooters	SP3	S	850	10 x 15 on :45 Shooters	SP3	S
	1x{1 x 300 on 5:30 Individual Medley	EN2	S		1x{1 x 200 on 6:00 Individual Medley	EN2	S
	{4 x 25 on :35 Fly lup+ldown	EN2	S E		{2 x 25 on 1:00 Fly lup+ldown	EN2	S E
	{1 x 100 on 1:55 Individual Medley	EN2	S		{1 x 100 on 3:00 Individual Medley	EN2	S
	{1 x 100 on 1:50 Individual Medley	EN2	S		{1 x 50 on 1:30 Easy Free	REC	S
	{1 x 50 on 1:15 Easy Free	REC	S	200	{1 x 200 on 5:55 Individual Medley	EN2	S
	{1 x 300 on 5:25 Individual Medley	EN2	S		{2 x 25 on 1:00 Back 5KOW+2	EN2	S
	{4 x 25 on :35 Back 5KOW+2	EN2	S		{1 x 100 on 2:55 Individual Medley	EN2	S
	{1 x 100 on 1:50 Individual Medley	EN2	S		{1 x 100 on 2:50 Individual Medley	EN2	S
	{1 x 100 on 1:45 Individual Medley	EN2	S		1 x 200 on 3:00 Stroke Drills	REC	D
	{1 x 200 on 3:30 Individual Medley	EN2	S		6:30 PM 1,500 Yards - Stress Value = 22		
200	1 x 200 on 3:00 Stroke Drills	REC	D		Workout #24367 - Monday, 16 September 2019		
	6:31 PM 2,200 Yards - Stress Value = 34				Group 3 - USRPT		

Workout #24367 - Monday, 16 September 2019

Group 3 - USRPT

1 minute rest between sets

Workout #24364 - Friday, 13 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start				4:15 PM Start			
Yards	Set Description	EGY	WORK	Yards	Set Description	EGY	WORK
400	1 on 40:00 DS/Dryland	REC	L I		1 on 20:00 Spotlight/DS/Showers		F
150	4 x 100 on 2:15 SwimUSS	REC	S	225	15 x 15 on :45 Racing Skills-Free Shooters		S
1,300	10 x 15 on :45 Shooters	SP3	S	1,500	30 x 50 on :50 200 Free Pac		S
	1x{1 x 200 on 4:20 Individual Medley	EN2	S		1 on 5:00 Video Evaluations 2-		F
	{4 x 25 on :35 Fly lup+ldown	EN2	S E	750	30 x 25 on :30 100 Fly Pace		S
	{1 x 100 on 2:05 Individual Medley	EN2	S	300	1x{8 x 15 on :25 Undr Wtr Fly Kck		E
	{1 x 100 on 2:00 Individual Medley	EN2	S		{1 on :30 Rest		F
	{1 x 50 on 1:15 Easy Free	REC	S		{6 x 15 on :20 Undr Wtr Fly Kck		E
	{1 x 200 on 4:15 Individual Medley	EN2	S		{1 on :30 Rest		F
	{4 x 25 on :35 Back 5KOW+2	EN2	S		{4 x 15 on :15 Undr Wtr Fly Kck		E
	{1 x 100 on 2:00 Individual Medley	EN2	S		{1 on :30 Rest		F
	{1 x 100 on 1:55 Individual Medley	EN2	S	1,500	{2 x 15 on :10 Undr Wtr Fly Kck		E
	{1 x 50 on 1:15 Easy Free	REC	S		30 x 50 on :50 200 Back Pace		S
	{1 x 200 on 4:10 Individual Medley	EN2	S		1 on 5:00 Video Evaluations 1+		F
200	1 x 200 on 3:00 Stroke Drills	REC	D		6:15 PM 4,275 Yards - Stress Value = 390		
	6:31 PM 2,050 Yards - Stress Value = 30						

Workout #24365 - Friday, 13 September 2019

Group 2 - Bronze

Workout #24368 - Monday, 16 September 2019

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 25:00 Spotlight/DS/Showers
150	1 x 600 on 9:00 Swim-kick-pull-swim
1,050	1x{4 x 25 on :45 Racing Skills-Free Shooters
	{1 x 100 on 1:40 Kick
	{6 x 25 on :30 Kick no board BSLRBS
	{2 x 100 on 1:35 Kick
	{8 x 25 on :30 Kick no board BSLRX2
	{3 x 100 on 1:30 Kick
750	1x{2 x 125 on 1:40 Pulls-no br L.12 yds
	{2 x 100 on 1:20 Pulls-no br L.12 yds
	{2 x 75 on 1:00 Pulls-no br L.12 yds
	{2 x 50 on :40 Pulls-no br L.12 yds
	{2 x 25 on :20 Pulls-no br L.12 yds
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	All walls 3 strokes before 1st breath
	#1-4 corresponding 100 br on 5
2,500	1x{1 x 400 on 5:10 Freestyle
	{1 x 100 on 1:30 Freestyle-100%
	{1 x 400 on 5:05 Freestyle
	{1 x 100 on 1:30 Freestyle-100%
	{1 x 400 on 5:00 Freestyle
	{1 x 100 on 1:30 Freestyle-100%
	{1 x 400 on 4:55 Freestyle
	{1 x 100 on 1:30 Freestyle-100%
	{1 x 400 on 4:50 Freestyle
	{1 x 100 on 1:30 Freestyle-100%
250	1 x 250 on 4:00 Stroke Drills
	6:15 PM 5,500 Yards - Stress Value = 109

Workout #24369 - Monday, 16 September 2019

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 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on :30 Kick no board S
	{1 x 200 on 4:30 Fly Kick w/board
	{4 x 25 on :30 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
1,050	1x{2 x 75 on 1:30 Fly 25R, 25L, 25B
	{2 x 50 on :45 Fly lupldown+1 to 3 down
	{2 x 75 on 1:25 Fly 25R, 25L, 25B
	{2 x 50 on :50 Fly lupldown+1 to 3 down
	{2 x 75 on 1:20 Fly 25R, 25L, 25B
	{2 x 50 on :55 Fly lupldown+1 to 3 down
	{2 x 75 on 1:15 Fly 25R, 25L, 25B
	{3 x 50 on 1:00 Fly lupldown+1 to 3 down
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:16 PM 3,000 Yards - Stress Value = 110

Workout #24370 - Monday, 16 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
300	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP

150	10 x 15 on :45 Shooters
350	1x{4 x 25 on :35 Kick no board S
	{1 x 150 on 3:30 Fly Kick w/board
	{4 x 25 on :35 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
950	1x{2 x 75 on 1:40 Fly 25R, 25L, 25B
	{2 x 50 on :50 Fly lupldown+1 to 3 down
	{2 x 75 on 1:35 Fly 25R, 25L, 25B
	{2 x 50 on :55 Fly lupldown+1 to 3 down
	{2 x 75 on 1:30 Fly 25R, 25L, 25B
	{2 x 50 on 1:00 Fly lupldown+1 to 3 down
	{2 x 75 on 1:25 Fly 25R, 25L, 25B
	{1 x 50 on 1:05 Fly lupldown+1 to 3 down
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:16 PM 2,725 Yards - Stress Value = 94

Workout #24371 - Monday, 16 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
300	1x{4 x 25 on :40 Kick no board S
	{1 x 100 on 2:30 Fly Kick w/board
	{4 x 25 on :40 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
825	1x{2 x 75 on 1:50 Fly 25R, 25L, 25B
	{2 x 50 on 1:00 Fly lupldown+1 to 3 down
	{2 x 75 on 1:45 Fly 25R, 25L, 25B
	{2 x 50 on 1:05 Fly lupldown+1 to 3 down
	{2 x 75 on 1:40 Fly 25R, 25L, 25B
	{2 x 50 on 1:10 Fly lupldown+1 to 3 down
	{1 x 75 on 1:35 Fly 25R, 25L, 25B
550	22 x 25 on :40 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:15 PM 2,425 Yards - Stress Value = 84

Workout #24372 - Monday, 16 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
300	1x{4 x 25 on :45 Kick no board S
	{1 x 100 on 2:45 Fly Kick w/board
	{4 x 25 on :45 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
750	1x{2 x 75 on 2:00 Fly 25R, 25L, 25B
	{2 x 50 on 1:05 Fly lupldown+1 to 3 down
	{2 x 75 on 1:55 Fly 25R, 25L, 25B
	{2 x 50 on 1:10 Fly lupldown+1 to 3 down
	{2 x 75 on 1:50 Fly 25R, 25L, 25B
	{2 x 50 on 1:15 Fly lupldown+1 to 3 down
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:16 PM 2,300 Yards - Stress Value = 77

Workout #24373 - Monday, 16 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
250	10 x 15 on :45 Shooters
100	1x{2 x 25 on 1:00 Kick no board S
	{1 x 150 on 4:55 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
600	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
250	1x{2 x 75 on 2:20 Fly 25R, 25L, 25B
	{2 x 50 on 1:30 Fly lupldown+1 to 3 down
	{2 x 75 on 2:15 Fly 25R, 25L, 25B
	{1 x 50 on 1:35 Fly lupldown+1 to 3 down
	{2 x 75 on 2:10 Fly 25R, 25L, 25B
450	18 x 25 on :50 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:16 PM 2,000 Yards - Stress Value = 68

Workout #24374 - Monday, 16 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
200	10 x 15 on :45 Shooters
100	1x{2 x 25 on 1:00 Kick no board S
	{1 x 100 on 4:55 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
475	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
250	1x{2 x 75 on 2:40 Fly 25R, 25L, 25B
	{1 x 50 on 2:00 Fly lupldown+1 to 3 down
	{2 x 75 on 2:35 Fly 25R, 25L, 25B
	{1 x 50 on 2:00 Fly lupldown+1 to 3 down
	{1 x 75 on 2:30 Fly 25R, 25L, 25B
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Game
250	1 x 250 on 5:00 Stroke Drills
	7:14 PM 1,750 Yards - Stress Value = 58

Workout #24375 - Tuesday, 17 September 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
225	1 on 12:00 DS/Showers	REC	
3,000	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
120	1 on 5:00 Video Evaluations-	REC	
	30 x 100 on 1:25 1650 Free Pace	SP2	
	6 x 20 on 3:00 Timed Underwaters-B	SP2	
	7:02 AM 3,345 Yards - Stress Value = 321		

Workout #24376 - Tuesday, 17 September 2019

Group 3 - Distance

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
400	1 on 15:00 DS/Showers	REC	
150	1 x 400 on 5:00 Choice	REC	
	10 x 15 on :45 Racing Skills-#1 Shooter	SP3	

3,000	30 x 100 on 1:25 1650 Free Pace	SP2
	Sets of 5, #1 +3, #2 +2, #3 +1, #4 =, #5 Recov	
120	6 x 20 on 3:00 Timed Underwaters-B	SP2
	7:02 AM 3,670 Yards - Stress Value = 318	

Workout #24377 - Tuesday, 17 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
225	1 on 20:00 Spotlight/DS/Showers	REC
1,500	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 50 on :55 200 Breast Pace	SP2
	1 on 5:00 Video Evaluations 2-	REC
1,500	30 x 25 on :30 100 Back Pace	SP2
	1 on 10:00 Racing Skills-Stanford Turn Drill	REC
	30 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Video Evaluations 1+	REC
	6:18 PM 3,975 Yards - Stress Value = 384	

Workout #24378 - Tuesday, 17 September 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
600	1 on 25:00 Spotlight/DS/Showers	
150	1 x 600 on 9:00 Top Hat Drill	
1,300	10 x 15 on :45 Racing Skills-Back Shooters	
	1x{1 x 150 on 2:25 Kick	
	{3 x 50 on :50 Kick-descend	
	{1 x 150 on 2:20 Kick	
	{3 x 50 on :50 Kick-descend	
	{1 x 150 on 2:15 Kick	
	{4 x 50 on :50 Kick-descend	
	{1 x 150 on 2:10 Kick	
	{4 x 50 on :50 Kick-descend	
800	1 x 800 on 10:00 Pulls-odds 100's BTB	
	Even 100's BTS	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,200	1x{1 x 100 on 1:25 Back 3/5/7/9 KOW	
	{2 x 50 on :40 Backstroke	
	{2 x 100 on 1:25 Back 3/5/7/9 KOW	
	{2 x 75 on 1:00 Backstroke	
	{3 x 100 on 1:25 Back 3/5/7/9 KOW	
	{2 x 100 on 1:20 Backstroke	
	{4 x 100 on 1:25 Back 3/5/7/9 KOW	
	{2 x 125 on 1:40 Backstroke	
	{5 x 100 on 1:25 Back 3/5/7/9 KOW	
250	1 x 250 on 4:00 Stroke Drills	
	6:15 PM 5,500 Yards - Stress Value = 86	

Workout #24379 - Tuesday, 17 September 2019

Group 2 - Breast

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
400	10 x 15 on :45 Shooters
100	1x{2 x 75 on 1:35 Breast Kick w/board {2 x 100 on 2:05 Breast Kick w/board {1 x 50 on 1:05 Breast Kick w/board
950	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
625	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
250	25 x 25 on :35 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Breast Finishes
7:15 PM	1 x 250 on 4:00 Stroke Drills 2,775 Yards - Stress Value = 95

Workout #24380 - Tuesday, 17 September 2019

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
375	10 x 15 on :45 Shooters
100	1x{2 x 75 on 1:45 Breast Kick w/board {2 x 100 on 2:15 Breast Kick w/board {1 x 25 on :40 Breast Kick NO board
850	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
550	1x{1 x 250 on 5:30 Breast 2X pullouts start wal {2 x 200 on 4:20 Breast 2X pullouts start wal {2 x 100 on 2:10 Breast 2X pullouts start wal
250	22 x 25 on :40 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Breast Finishes
7:15 PM	1 x 250 on 4:00 Stroke Drills 2,575 Yards - Stress Value = 85

Workout #24381 - Tuesday, 17 September 2019

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

Workout #24382 - Tuesday, 17 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

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

Workout #24383 - Tuesday, 17 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
250	10 x 15 on :45 Shooters
100	1x{2 x 75 on 2:15 Breast Kick w/board {2 x 50 on 1:30 Breast Kick w/board
650	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
450	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
250	18 x 25 on :50 USRPT-100 Breast Pace 1 on 10:00 Racing Skills-Breast Finishes
7:14 PM	1 x 250 on 4:00 Stroke Drills 2,050 Yards - Stress Value = 69

Workout #24384 - Tuesday, 17 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

Workout #24385 - Wednesday, 18 September 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 11:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-#1 Shooters
 1,500 1x{10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 1 on 10:00 Video Evaluations 2-
 625 25 x 25 on :30 Your #1-100
 80 4 x 20 on 3:00 Timed Underwaters
 7:01 AM 2,430 Yards - Stress Value = 224

{8 x 25 on :25 Kick no board BSLRBS
 {4 x 100 on 1:45 Breast Kick w/board
 1 on 12:00 Racing Skills-Tivo Starts
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,000 1x{1 x 100 on 1:45 Breast L.25 2K1P+1K
 {2 x 100 on 1:40 Breast L.25 2K1P+1K
 {3 x 100 on 1:35 Breast L.25 2K1P+1K
 {4 x 100 on 1:30 Breast L.25 2K1P+1K
 200 1 x 200 on 3:00 Stroke Drills
 6:15 PM 4,050 Yards - Stress Value = 68

Workout #24386 - Wednesday, 18 September 2019

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 12:00 DS/Showers
 500 20 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Racing Skills-Breast Shooters
 2,500 1x{6 x 100 on 1:30 Butterfly
 {1 x 200 on 3:00 Individual Medley
 {6 x 75 on 1:05 Butterfly
 {1 x 200 on 2:50 Individual Medley
 {6 x 50 on :40 Butterfly
 {1 x 200 on 2:40 Individual Medley
 {6 x 25 on :20 Butterfly
 {1 on 2:00 Rest
 {1 x 400 on 8:00 IM for time OTB
 250 1 x 250 on 4:00 Stroke Drills
 80 4 x 20 on 3:00 Timed Underwaters-S
 7:00 AM 3,480 Yards - Stress Value = 96

Workout #24389 - Wednesday, 18 September 2019

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 12 x 25 on :30 Wednesday Warm-up
 2-13, 4-14, 6-15
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:10 Breast Kick w/board
 {2 x 25 on :45 Kick no board BS
 {1 x 100 on 2:00 Free Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,400 7x{1 x 100 on 1:30 Individual Medley
 {1 x 50 on :45 Freestyle
 {1 x 50 on 1:00 Freestyle
 750 30 x 25 on :30 USRPT 100 Back Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,500 Yards - Stress Value = 113

Workout #24390 - Wednesday, 18 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 10 x 25 on :35 Wednesday Warm-up
 2-14, 4-15, 4-16
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:20 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:20 Breast Kick w/board
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:05 Free Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks

On the last round do 2X50's@:50

1,200 6x{1 x 100 on 1:40 Individual Medley
 {1 x 50 on :50 Freestyle
 {1 x 50 on 1:05 Freestyle
 625 25 x 25 on :35 USRPT 100 Back Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:14 PM 3,075 Yards - Stress Value = 96

Workout #24388 - Wednesday, 18 September 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 500 20 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 8-15
 150 10 x 15 on :45 Shooters
 2,000 1x{1 x 200 on 3:40 Breast Kick w/board
 {8 x 25 on :25 Kick no board BSLR
 {2 x 175 on 3:10 Breast Kick w/board
 {8 x 25 on :25 Kick no board BSLR
 {3 x 150 on 2:40 Breast Kick w/board

Workout #24391 - Wednesday, 18 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
225	1 on 25:00 DS/Dryland
	9 x 25 on :40 Wednesday Warm-up
	2-15, 3-16, 4-17
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Breast Kick w/board
	{2 x 25 on :45 Kick no board BS
	{1 x 50 on 1:10 Free Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	.
	On the last round don't do the easy 50
1,200	6x{1 x 100 on 1:50 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:10 Freestyle
625	25 x 25 on :35 USRPT 100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	7:16 PM 3,050 Yards - Stress Value = 96

Workout #24392 - Wednesday, 18 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
	8 x 25 on :45 Wednesday Warm-up
	2-16, 3-17, 2-18
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:40 Fly Kick w/board
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:40 Breast Kick w/board
	{2 x 25 on :45 Kick no board BS
	{1 x 50 on 1:10 Free Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	.
	On the last round do 2X50's@1:00
1,000	5x{1 x 100 on 2:00 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
550	22 x 25 on :40 USRPT 100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	7:14 PM 2,750 Yards - Stress Value = 86

Workout #24393 - Wednesday, 18 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
	8 x 25 on :45 Wednesday Warm-up
	2-20, 3-21, 2-22
150	10 x 15 on :45 Shooters
400	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	.
	On the last round do 2X50's@1:15

800	4x{1 x 100 on 2:30 Individual Medley
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:30 Freestyle
500	20 x 25 on :45 USRPT 100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	7:13 PM 2,400 Yards - Stress Value = 76

Workout #24394 - Wednesday, 18 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
150	1 on 25:00 DS/Dryland
	6 x 25 on 1:00 Wednesday Warm-up
	2-20, 2-21, 2-22
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:30 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board BS
	{1 x 100 on 4:00 Breast Kick w/board
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
	.
	On the last round only do the IM
800	4x{1 x 100 on 3:00 Individual Medley
	{1 x 50 on 1:30 Freestyle
	{1 x 50 on 2:00 Freestyle
500	20 x 25 on :45 USRPT 100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	7:18 PM 2,300 Yards - Stress Value = 75

Workout #24395 - Thursday, 19 September 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
225	1 on 11:00 DS/Showers	REC
	15 x 15 on :45 Racing Skills-#1 Shooter	SP3
	1 on 8:00 Racing Skills-Open Turn/Lane Lin	EN1
2,250	30 x 75 on 1:05 500 Free Pace	SP2
160	8 x 20 on 3:00 Timed Underwaters-B	SP2
	7:00 AM 2,635 Yards - Stress Value = 250	

Workout #24396 - Thursday, 19 September 2019

Group 3 - Freestylers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
600	1 on 15:00 DS/Showers	RE
	1 x 600 on 10:00 Choice	RE
	Odd 100's free evens back	
150	10 x 15 on :45 Racing Skills-Fly Shooters	SE
2,400	1x{1 x 500 on 6:00 Freestyle	EN
	{2 x 100 on 1:15 Freestyle-JMI	EN
	{2 x 100 on 1:15 Freestyle-85%	EN
	{1 x 100 on 1:30 Freestyle-100%	EN
	{1 x 400 on 4:50 Freestyle	EN
	{2 x 100 on 1:15 Freestyle-JMI	EN
	{1 x 100 on 1:15 Freestyle-85%	EN
	{1 x 100 on 1:30 Freestyle-100%	EN
	{1 x 300 on 3:25 Freestyle	EN
	{1 x 100 on 1:15 Freestyle-JMI	EN
	{1 x 100 on 1:15 Freestyle-85%	EN
	{1 x 100 on 1:30 Freestyle-100%	EN
160	8 x 20 on 3:00 Timed Underwaters-B	EN
	7:00 AM 3,310 Yards - Stress Value = 52	

Workout #24397 - Thursday, 19 September 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
225	1 on 20:00 Spotlight/DS/Showers	REC
1,000	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
	40 x 25 on :30 200 Fly Pace	SP2
750	1 on 5:00 Video Evaluations 2-	REC
	30 x 25 on :30 100 Free Pace	SP2
1,500	1 on 10:00 Racing Skills-Tic Tac Toe Relay	EN2
	30 x 50 on :55 200 Breast Pace	SP2
100	1 x 100 on 6:00 Timed 100 OTB-your Choice	SP2
6:15 PM	3,575 Yards - Stress Value = 344	

Workout #24398 - Thursday, 19 September 2019

Group 3 - Fly

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
600	1 on 25:00 Spotlight/DS/Showers	
	1 x 600 on 9:00 Underwater trn drill	
	Odd 100's free evens back	
150	10 x 15 on :45 Shooters	
1,200	1x{2 x 100 on 2:00 Your #2 Kick	
	{1 x 100 on 1:30 Your #1 Kick	
	{2 x 100 on 1:55 Your #2 Kick	
	{2 x 100 on 1:35 Your #1 Kick	
	{2 x 100 on 1:50 Your #2 Kick	
	{3 x 100 on 1:40 Your #1 Kick	
200	4x{1 x 25 on :50 Sculling drills	
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
2,700	1x{1 x 200 on 2:55 Fly	
	{6 x 50 on :45 Fly 2-2+1	
	{2 x 175 on 2:30 Fly	
	{6 x 50 on :45 Fly 2-2+1	
	{3 x 150 on 2:05 Fly	
	{6 x 50 on :45 Fly 2-2+1	
	{4 x 125 on 1:40 Fly	
	{6 x 50 on :45 Fly 2-2+1	
100	1 x 100 on 6:00 Timed 100 OTB-choice	
6:15 PM	4,950 Yards - Stress Value = 94	

Workout #24399 - Thursday, 19 September 2019

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
300	1 on 25:00 DS/Dryland	
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
450	10 x 15 on :45 Shooters	
	9 x 50 on 1:00 Free Kick	
	#1 fast turn, #2 no board, #3 FAST	
	1 on 20:00 Teach Day Freestyle	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
750	30 x 25 on :30 USRPT 100 Free Pace	
	1 on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	
7:15 PM	2,000 Yards - Stress Value = 90	

Workout #24400 - Thursday, 19 September 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	

	1 on 25:00 DS/Dryland	
300	1 x 300 on 5:00 Free 3KOW to 10 back to 3	
150	10 x 15 on :45 Shooters	
400	8 x 50 on 1:05 Free Kick	
	#1 fast turn, #2 no board, #3 FAST	
	1 on 20:00 Teach Day Freestyle	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
625	25 x 25 on :35 USRPT 100 Free Pace	
	1 on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	
7:15 PM	1,825 Yards - Stress Value = 76	

Workout #24401 - Thursday, 19 September 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
	1 on 25:00 DS/Dryland	
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	REC
150	10 x 15 on :45 Shooters	SP3
350	7 x 50 on 1:10 Free Kick	EN2
	#1 fast turn, #2 no board, #3 FAST	
	1 on 20:00 Teach Day Freestyle	REC
100	4 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	
625	25 x 25 on :35 USRPT 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
7:15 PM	1,725 Yards - Stress Value = 75	

Workout #24402 - Thursday, 19 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
	1 on 25:00 DS/Dryland	
250	1 x 250 on 5:00 Free 3KOW to 10 back to 3	REC
150	10 x 15 on :45 Shooters	SP3
300	6 x 50 on 1:20 Free Kick	EN2
	#1 fast turn, #2 no board, #3 FAST	
	1 on 20:00 Teach Day Freestyle	REC
100	4 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	
550	22 x 25 on :40 USRPT 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
7:14 PM	1,600 Yards - Stress Value = 67	

Workout #24403 - Thursday, 19 September 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
	1 on 25:00 DS/Dryland	
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	REC
150	10 x 15 on :45 Shooters	SP3
300	6 x 50 on 1:30 Free Kick	EN2
	#1 fast turn, #2 no board, #3 FAST	
	1 on 20:00 Teach Day Freestyle	REC
100	4 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	
550	22 x 25 on :40 USRPT 100 Free Pace	SP2
	1 on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
7:15 PM	1,550 Yards - Stress Value = 67	

Workout #24404 - Thursday, 19 September 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY
	5:30 PM Start	
1	on 25:00 DS/Dryland	
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3	REC
150	10 x 15 on :45 Shooters	SP3
250	5 x 50 on 1:45 Free Kick	EN2
	#1 fast turn, #2 no board, #3 FAST	
1	on 20:00 Teach Day Freestyle	REC
100	4 x 25 on 1:00 Odds face in sculling drills	REC
	Evens-underwaters, count kicks	
500	20 x 25 on :45 USRPT 100 Free Pace	SP2
1	on 10:00 Racing Skills-Starts	
250	1 x 250 on 4:00 Stroke Drills	REC
	7:15 PM 1,450 Yards - Stress Value = 61	

Workout #24405 - Friday, 20 September 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	4:15 PM Start	
1	on 20:00 Spotlight/DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
600	30 x 20 on :30 100 Back Pace*	SE
1	on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Fly Pace*	SE
1	on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Free Pace*	SE
	5:45 PM 2,025 Yards - Stress Value = 189	

Workout #24406 - Friday, 20 September 2019

Group 3 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY
	4:15 PM Start	
1	on 25:00 Spotlight/DS/Showers	
400	1 x 400 on 6:00 Reverse IM drill	
150	10 x 15 on :45 Racing Skills-Crossover Turns	
2,800	1x{8 x 25 on :30 100 Fly Pace	
	{2 x 250 on 3:30 Individual Medley w/100 Fly	
	{8 x 25 on :30 100 Back Pace	
	{2 x 250 on 3:20 Individual Medley w/100 Back	
	{8 x 25 on :30 100 Breast Pace	
	{2 x 250 on 3:35 Individual Medley w/100 Brea	
	{8 x 25 on :30 100 Free Pace	
	{2 x 250 on 3:10 Individual Medley w/100 Free	
250	1 x 250 on 4:00 Stroke Drills	
	5:45 PM 3,600 Yards - Stress Value = 126	

Workout #24407 - Friday, 20 September 2019

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY
	5:00 PM Start	
1	on 40:00 DS/Dryland	REC
500	4 x 125 on 2:30 Swim USS	REC
	50 swim, 25 underwater 25 scull 25 back	
150	10 x 15 on :45 Shooters	SP3
1,475	1x{1 x 200 on 3:00 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 200 on 2:55 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 200 on 2:50 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2

	{1 x 200 on 2:45 Backstroke	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 2,375 Yards - Stress Value = 34	

Workout #24408 - Friday, 20 September 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
	5:00 PM Start	
1	on 40:00 DS/Dryland	REC
500	4 x 125 on 2:30 Swim USS	REC
	50 swim, 25 underwater 25 scull 25 back	
150	10 x 15 on :45 Shooters	SP3
1,425	1x{1 x 200 on 3:15 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 200 on 3:10 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 200 on 3:05 Backstroke	EN2
	{3 x 75 on 1:20 Back alt 25's 12yds under	EN2
	{1 x 150 on 2:15 Backstroke	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 2,325 Yards - Stress Value = 33	

Workout #24409 - Friday, 20 September 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY
	5:00 PM Start	
1	on 40:00 DS/Dryland	RE
400	4 x 100 on 2:30 Swim USS	RE
	25 swim, 25 underwater 25 scull 25 back	
150	10 x 15 on :45 Shooters	SE
1,275	1x{1 x 150 on 2:45 Backstroke	EN
	{3 x 75 on 1:30 Back alt 25's 10 yds under	EN
	{1 x 150 on 2:40 Backstroke	EN
	{3 x 75 on 1:30 Back alt 25's 10yds under	EN
	{1 x 150 on 2:35 Backstroke	EN
	{3 x 75 on 1:30 Back alt 25's 10yds under	EN
	{1 x 150 on 2:30 Backstroke	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	6:30 PM 2,075 Yards - Stress Value = 30	

Workout #24410 - Friday, 20 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY
	5:00 PM Start	
1	on 40:00 DS/Dryland	RE
400	4 x 100 on 2:30 Swim USS	RE
	25 swim, 25 underwater 25 scull 25 back	
150	10 x 15 on :45 Shooters	SE
1,125	1x{1 x 150 on 3:00 Backstroke	EN
	{3 x 75 on 1:45 Back alt 25's 10 yds under	EN
	{1 x 150 on 2:55 Backstroke	EN
	{3 x 75 on 1:45 Back alt 25's 10yds under	EN
	{1 x 150 on 2:50 Backstroke	EN
	{3 x 75 on 1:45 Back alt 25's 10yds under	EN
250	1 x 250 on 5:00 Stroke Drills	RE
	6:31 PM 1,925 Yards - Stress Value = 27	

Workout #24411 - Friday, 20 September 2019

7:01 AM 3,720 Yards - Stress Value = 75

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	L
300	4 x 75 on 2:30 Swim USS 25 swim, 25 scull, 25 back	REC	D
150	10 x 15 on :45 Shooters	SP3	S
850	1x{1 x 100 on 2:45 Backstroke	EN2	S
	{3 x 50 on 1:30 Back alt 25's 7 KOW	EN2	S
	{1 x 100 on 2:40 Backstroke	EN2	S
	{3 x 50 on 1:30 Back alt 25's 7 KOW	EN2	S
	{1 x 100 on 2:35 Backstroke	EN2	S
	{3 x 50 on 1:30 Back alt 25's 7 KOW	EN2	S
	{1 x 100 on 2:30 Backstroke	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	6:30 PM 1,550 Yards - Stress Value = 23		

Workout #24412 - Friday, 20 September 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
	1 on 40:00 DS/Dryland	REC	L
300	4 x 75 on 2:30 Swim USS 25 swim, 25 scull, 25 back	REC	D
150	10 x 15 on :45 Shooters	SP3	S
750	1x{1 x 100 on 3:00 Backstroke	EN2	S
	{3 x 50 on 1:45 Back alt 25's 7 KOW	EN2	S
	{1 x 100 on 2:55 Backstroke	EN2	S
	{3 x 50 on 1:45 Back alt 25's 7 KOW	EN2	S
	{1 x 100 on 2:50 Backstroke	EN2	S
	{3 x 50 on 1:45 Back alt 25's 7 KOW	EN2	S
250	1 x 250 on 5:00 Stroke Drills	REC	D
	6:31 PM 1,450 Yards - Stress Value = 21		

Workout #24413 - Monday, 23 September 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
	1 on 5:00 Video Evaluations-	REC	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
120	6 x 20 on 3:00 Timed Underwaters-B	SP2	
	7:02 AM 3,345 Yards - Stress Value = 321		

Workout #24414 - Monday, 23 September 2019

Group 3 - Freestylers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 DS/Showers		
600	1 x 600 on 10:00 Swim-kick-pull-swim		
150	10 x 15 on :45 Shooters		
2,850	1x{1 x 225 on 3:00 Free 12.5yds under off last		
	{3 x 50 on :40 Free 1st12u/HBL.12y/12uoffTurr		
	{2 x 225 on 2:55 Free 12.5yds under off last		
	{3 x 50 on :40 Free 1st12u/HBL.12y/12uoffTurr		
	{3 x 225 on 2:50 Free 12.5yds under off last		
	{3 x 50 on :40 Free 1st12u/HBL.12y/12uoffTurr		
	{4 x 225 on 2:45 Free 12.5yds under off last		
	{3 x 50 on :40 Free 1st12u/HBL.12y/12uoffTurr		
120	6 x 20 on 3:00 Timed Underwaters-B		

Workout #24415 - Monday, 23 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 20:00 Spotlight/DS/Showers		
225	15 x 15 on :45 Racing Skills-Free Shooters		
1,500	30 x 50 on :55 200 Breast Pace*		
	1 on 5:00 Video Evaluations 1+/-		
1,500	30 x 50 on :50 200 Back Pace*		
	1 on 5:00 Active Recovery		
750	30 x 25 on :30 100 Fly Pace		
	1 on 5:00 Active Recovery		
750	30 x 25 on :30 100 Free Pace (starts no late then 6:04)		
300	1x{8 x 15 on :25 Undr Wtr Fly Kck		
	{1 on :30 Rest		
	{6 x 15 on :20 Undr Wtr Fly Kck		
	{1 on :30 Rest		
	{4 x 15 on :15 Undr Wtr Fly Kck		
	{1 on :30 Rest		
	{2 x 15 on :10 Undr Wtr Fly Kck		
	6:39 PM 5,025 Yards - Stress Value = 465		

Workout #24416 - Monday, 23 September 2019

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Spotlight/DS/Showers	REC	
600	1 x 600 on 9:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
2,475	1x{3 x 200 on 2:30 Freestyle	EN2	
	{3 x 75 on 1:10 Free 2@200 Fr Pace 1-ez	EN2	
	{3 x 200 on 2:25 Freestyle	EN2	
	{3 x 75 on 1:10 Free 2@200 Fr Pace 1-ez	EN2	
	{3 x 200 on 2:20 Freestyle	EN2	
	{3 x 75 on 1:10 Free 2@200 Fr Pace 1-ez	EN2	
1,750	1x{4 x 25 on :30 Kick no board BSLR	EN2	
	{1 x 300 on 5:15 Kick	EN2	
	{6 x 25 on :30 Kick no board BSLRBS	EN2	
	{2 x 250 on 4:15 Kick	EN2	
	{4 x 25 on :30 Kick no board BSLR	EN2	
	{3 x 200 on 3:20 Kick	EN2	
1,100	1x{2 x 100 on 1:15 Pulls-no br L.12 yds	EN2	
	{2 x 125 on 1:35 Pulls-no br L.12 yds	EN2	
	{2 x 150 on 1:55 Pulls-no br L.12 yds	EN2	
	{2 x 175 on 2:15 Pulls-no br L.12 yds	EN2	
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	
	6:29 PM 6,375 Yards - Stress Value = 117		

Workout #24417 - Monday, 23 September 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY W
 =====
 1 on 25:00 Spotlight/DS>Showers REC
 600 1 x 600 on 9:00 Swim-kick-pull-swim REC
 150 10 x 15 on :45 Shooters SP3
 2,325 1x{3 x 200 on 2:45 Freestyle EN2
 {3 x 75 on 1:10 Free 2@200 Fr Pace 1-ez EN2
 {3 x 200 on 2:40 Freestyle EN2
 {3 x 75 on 1:10 Free 2@200 Fr Pace 1-ez EN2
 {3 x 200 on 2:35 Freestyle EN2
 {1 x 75 on 1:10 Free @200 Fr Pace EN2
 1,675 1x{4 x 25 on :30 Kick no board BSLR EN2
 {1 x 300 on 5:15 Kick EN2
 {6 x 25 on :30 Kick no board BSLRBS EN2
 {2 x 250 on 4:15 Kick EN2
 {4 x 25 on :30 Kick no board BSLR EN2
 {3 x 175 on 3:20 Kick EN2
 925 1x{2 x 100 on 1:25 Pulls-no br L.12 yds EN2
 {2 x 125 on 1:50 Pulls-no br L.12 yds EN2
 {2 x 150 on 2:10 Pulls-no br L.12 yds EN2
 {1 x 175 on 2:35 Pulls-no br L.12 yds EN2
 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
 6:29 PM 5,975 Yards - Stress Value = 110

Evens-underwaters, count kicks
 1,200 1x{ HB 2 SOW-L.25 of each 7KOW
 {3 x 125 on 1:50 Freestyle
 {3 x 125 on 1:55 Freestyle
 {3 x 125 on 2:00 Freestyle
 {1 x 75 on 1:15 Freestyle
 750 30 x 25 on :30 USRPT-Free
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,100 Yards - Stress Value = 115

Workout #24420 - Monday, 23 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{ #1 Fast Turn, #2 no board
 {2 x 100 on 2:20 Kick
 {2 x 75 on 1:40 Kick
 {1 x 50 on :55 Kick-FAST
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,050 1x{ HB 2 SOW-L.25 of each 7KOW
 {3 x 125 on 2:05 Freestyle
 {3 x 125 on 2:10 Freestyle
 {3 x 100 on 1:50 Freestyle
 625 25 x 25 on :35 USRPT-Free
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,775 Yards - Stress Value = 98

Workout #24418 - Monday, 23 September 2019

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 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{ #1 Fast Turn, #2 no board ,-Repeat
 {2 x 100 on 2:00 Kick
 {2 x 100 on 1:55 Kick
 {1 x 50 on :55 Kick
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,350 1x{ HB 2 SOW-L.25 of each 7KOW
 {3 x 125 on 1:40 Freestyle
 {3 x 125 on 1:45 Freestyle
 {3 x 125 on 1:50 Freestyle
 {3 x 75 on 1:05 Freestyle
 750 30 x 25 on :30 USRPT-Free
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,300 Yards - Stress Value = 118

Workout #24421 - Monday, 23 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{ #1 Fast Turn, #2 no board
 {2 x 100 on 2:40 Kick
 {2 x 75 on 1:45 Kick
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 950 1x{ HB 2 SOW-L.25 of each 7KOW
 {3 x 125 on 2:25 Freestyle
 {3 x 125 on 2:30 Freestyle
 {2 x 100 on 2:05 Freestyle
 625 25 x 25 on :35 USRPT-Free
 1 on 10:00 Killer Relays
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,625 Yards - Stress Value = 95

Workout #24419 - Monday, 16 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{ #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

Workout #24422 - Monday, 23 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
300	10 x 15 on :45 Shooters
1x{	#1 Fast Turn, #2 no board
	{2 x 100 on 3:00 Kick
	{2 x 50 on 1:20 Kick-100%
100	4 x 25 on 1:00 Odds face in sculling drills
	Evns-underwaters, count kicks
750	1x{ HB 2 SOW-L.25 of each 7KOW
	{3 x 100 on 2:25 Freestyle
	{3 x 100 on 2:30 Freestyle
	{1 x 100 on 2:35 Freestyle
	{1 x 50 on 1:20 Freestyle
550	22 x 25 on :40 USRPT-Free
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,250 Yards - Stress Value = 82

Workout #24423 - Monday, 23 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
300	10 x 15 on :45 Shooters
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
	Evns-underwaters, count kicks
550	1x{ HB 2 SOW-L.25 of each 7KOW
	{3 x 75 on 2:25 Freestyle
	{3 x 75 on 2:30 Freestyle
	{2 x 50 on 1:50 Freestyle
500	20 x 25 on :45 USRPT-Free
	1 on 10:00 Killer Relays
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,000 Yards - Stress Value = 72

Workout #24424 - Tuesday, 24 September 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
225	1 on 11:00 DS/Showers	REC
1,500	15 x 15 on :45 Racing Skills-#1 Shooters	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
	1 on 10:00 Video Evaluations 2-	REC
625	25 x 25 on :30 Your #1-100	SP2
80	4 x 20 on 3:00 Timed Underwaters	SP2
	7:01 AM 2,430 Yards - Stress Value = 224	

Workout #24425 - Tuesday, 24 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description

Yards	Set Description	F
	1 on 20:00 Spotlight/DS/Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
1,500	30 x 50 on :50 200 Free Pace*	S
	1 on 5:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :50 200 Fly Pace*	S
	1 on 5:00 Active Recovery	F
750	30 x 25 on :30 100 Back Pace (starts no later	S
	then 5:44)	
	1 on 5:00 Active Recovery	F
750	30 x 25 on :30 100 Breast Pace	S
	1 on 10:00 Racing Skills-UW Racing	E
	6:36 PM 4,725 Yards - Stress Value = 459	

Workout #24426 - Tuesday, 24 September 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description
	1 on 25:00 Spotlight/DS/Showers
600	1 x 600 on 9:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,140	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 40 on 1:00 20 underwater 20 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 40 on :55 20 undwater 20 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 40 on :50 20 underwater 20 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 40 on :45 20 underwater 20 sprint free
1,600	1x{3 x 100 on 1:20 BTB
	{1 x 300 on 3:45 Pulls
	{3 x 100 on 1:20 Pulls BTS
	{1 x 300 on 3:40 Pulls
	{4 x 100 on 1:20 Pulls BTWS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	18 x 75 on 1:30 Backstroke
	3/5/7 KOW
	1 on 10:00 Racing Skills-UW Racing
	6:30 PM 5,040 Yards - Stress Value = 79

Workout #24427 - Tuesday, 24 September 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
	1 on 25:00 Spotlight/DS/Showers
600	1 x 600 on 9:00 Top Hat Drill
150	10 x 15 on :45 Shooters
1,140	1x{1 x 50 on 1:00 Vertical Kick-30/30
	{4 x 40 on 1:00 20 underwater 20 sprint free
	{2 x 50 on 1:00 Vertical Kick 35/25
	{4 x 40 on :55 20 undwater 20 sprint free
	{3 x 50 on 1:00 Vertical Kick 40/20
	{4 x 40 on :50 20 underwater 20 sprint free
	{4 x 50 on 1:00 Vertical Kick 45/15
	{4 x 40 on :45 20 underwater 20 sprint free
1,400	1x{3 x 100 on 1:30 BTB
	{1 x 300 on 4:15 Pulls
	{3 x 100 on 1:30 Pulls BTS
	{1 x 300 on 4:10 Pulls
	{2 x 100 on 1:30 Pulls BTWS
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,350	18 x 75 on 1:30 Backstroke
	3/5/7 KOW
	1 on 10:00 Racing Skills-UW Racing
	6:30 PM 4,840 Yards - Stress Value = 77

Workout #24428 - Tuesday, 24 September 2019

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 450 1x{4 x 25 on :30 Kick no board S
 {1 x 150 on 3:00 Fly Kick w/board
 {2 x 25 on :30 Kick no board S
 {1 x 150 on 3:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{2 x 75 on 1:30 Fly 25R, 25L, 25B
 {2 x 50 on :45 Fly lupldown+1 to 3 down
 {2 x 75 on 1:25 Fly 25R, 25L, 25B
 {2 x 50 on :50 Fly lupldown+1 to 3 down
 {2 x 75 on 1:20 Fly 25R, 25L, 25B
 {2 x 50 on :55 Fly lupldown+1 to 3 down
 {2 x 75 on 1:15 Fly 25R, 25L, 25B
 {3 x 50 on 1:00 Fly lupldown+1 to 3 down
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,000 Yards - Stress Value = 111

Workout #24429 - Tuesday, 24 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 400 1x{4 x 25 on :30 Kick no board S
 {1 x 150 on 3:15 Fly Kick w/board
 {2 x 25 on :30 Kick no board S
 {1 x 100 on 2:10 Fly Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 950 1x{2 x 75 on 1:40 Fly 25R, 25L, 25B
 {2 x 50 on :50 Fly lupldown+1 to 3 down
 {2 x 75 on 1:35 Fly 25R, 25L, 25B
 {2 x 50 on :55 Fly lupldown+1 to 3 down
 {2 x 75 on 1:30 Fly 25R, 25L, 25B
 {2 x 50 on 1:00 Fly lupldown+1 to 3 down
 {2 x 75 on 1:25 Fly 25R, 25L, 25B
 {1 x 50 on 1:05 Fly lupldown+1 to 3 down
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,725 Yards - Stress Value = 95

Workout #24430 - Tuesday, 24 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 350 1x{4 x 25 on :35 Kick no board S
 {1 x 150 on 3:30 Fly Kick w/board
 {2 x 25 on :35 Kick no board S
 {1 x 50 on 1:10 Fly Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 825 1x{2 x 75 on 1:50 Fly 25R, 25L, 25B

{2 x 50 on 1:00 Fly lupldown+1 to 3 down
 {2 x 75 on 1:45 Fly 25R, 25L, 25B
 {2 x 50 on 1:05 Fly lupldown+1 to 3 down
 {2 x 75 on 1:40 Fly 25R, 25L, 25B
 {2 x 50 on 1:10 Fly lupldown+1 to 3 down
 {1 x 75 on 1:35 Fly 25R, 25L, 25B
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,425 Yards - Stress Value = 85

Workout #24431 - Tuesday, 24 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 250 1 x 250 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 325 1x{4 x 25 on :40 Kick no board S
 {1 x 150 on 3:45 Fly Kick w/board
 {3 x 25 on :40 Kick no board S
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{2 x 75 on 2:00 Fly 25R, 25L, 25B
 {2 x 50 on 1:05 Fly lupldown+1 to 3 down
 {2 x 75 on 1:55 Fly 25R, 25L, 25B
 {2 x 50 on 1:10 Fly lupldown+1 to 3 down
 {2 x 75 on 1:50 Fly 25R, 25L, 25B
 {2 x 50 on 1:15 Fly lupldown+1 to 3 down
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 2,325 Yards - Stress Value = 83

Workout #24432 - Tuesday, 24 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 1 x 200 on 5:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 300 1x{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
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:14 PM 2,025 Yards - Stress Value = 74

Workout #24433 - Tuesday, 24 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 SunYangFree-Count strokes
200	10 x 15 on :45 Shooters
200	1x{2 x 25 on 1:00 Kick no board S
	{1 x 100 on 4:30 Fly Kick w/board
	{2 x 25 on 1:00 Kick no board S
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
500	1x{2 x 75 on 2:40 Fly 25R, 25L, 25B
	{2 x 50 on 2:00 Fly lupldown+1 to 3 down
	{2 x 75 on 2:35 Fly 25R, 25L, 25B
	{2 x 50 on 2:00 Fly lupldown+1 to 3 down
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Relay Starts
200	1 x 200 on 5:00 Stroke Drills
	7:16 PM 1,725 Yards - Stress Value = 58

	{3 x 50 on 1:00 Breaststroke-descend	EN2	§
	{1 x 200 on 3:10 Breaststroke	EN2	§
	{3 x 50 on 1:00 Breaststroke-descend	EN2	§
100	1 x 100 on 1:30 Freestyle-Ez	REC	§
1,650	1x{1 x 200 on 2:30 Lungbuster pulls	EN2	F
	{3 x 50 on 1:00 Breast Pull	EN2	F
	{2 x 200 on 2:30 Lungbuster pulls	EN2	F
	{3 x 50 on 1:00 Breast Pull	EN2	F
	{3 x 200 on 2:30 Lungbuster pulls	EN2	F
	{3 x 50 on 1:00 Breast Pull	EN2	F
1,250	1x{4 x 125 on 1:35 Kick with flippers	EN2	F
	{3 x 125 on 1:30 Kick with flippers	EN2	F
	{2 x 125 on 1:25 Kick with flippers	EN2	F
	{1 x 125 on 1:20 Kick with flippers	EN2	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Racing Skills-Starts	REC	I
	6:30 PM 5,600 Yards - Stress Value = 99		

Workout #24437 - Wednesday, 25 September 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Spotlight/DS/Showers	REC	I
500	20 x 25 on :30 Wednesday Warm-up	REC	I
	2-12,4-13, 6-14, 8-15		
150	10 x 15 on :45 Shooters	SP3	§
1,750	1x{1 x 200 on 3:20 Breaststroke	EN2	§
	{3 x 50 on 1:00 Breaststroke-desend	EN2	§
	{1 x 200 on 3:25 Breaststroke	EN2	§
	{3 x 50 on 1:00 Breaststroke-desend	EN2	§
	{1 x 200 on 3:30 Breaststroke	EN2	§
	{3 x 50 on 1:00 Breaststroke-desend	EN2	§
	{1 x 200 on 3:25 Breaststroke	EN2	§
	{3 x 50 on 1:00 Breaststroke-descend	EN2	§
	{1 x 200 on 3:15 Breaststroke	EN2	§
	{3 x 50 on 1:00 Breaststroke-descend	EN2	§
100	1 x 100 on 1:30 Freestyle-Ez	REC	§
1,550	1x{1 x 200 on 2:50 Lungbuster pulls	EN2	F
	{3 x 50 on 1:00 Breast Pull	EN2	F
	{2 x 200 on 2:50 Lungbuster pulls	EN2	F
	{3 x 50 on 1:00 Breast Pull	EN2	F
	{3 x 200 on 2:50 Lungbuster pulls	EN2	F
	{1 x 50 on 1:00 Breast Pull	EN2	F
1,250	1x{4 x 125 on 1:35 Kick with flippers	EN2	F
	{3 x 125 on 1:30 Kick with flippers	EN2	F
	{2 x 125 on 1:25 Kick with flippers	EN2	F
	{1 x 125 on 1:20 Kick with flippers	EN2	F
200	1 x 200 on 3:00 Stroke Drills	REC	I
	1 on 10:00 Racing Skills-Starts	REC	I
	6:30 PM 5,500 Yards - Stress Value = 97		

Workout #24434 - Wednesday, 25 September 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 11:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3
	1 on 8:00 Racing Skills-Open Turn/Lane Lin	EN1
2,250	30 x 75 on 1:05 500 Free Pace	SP2
160	8 x 20 on 3:00 Timed Underwaters-B	SP2
	7:00 AM 2,635 Yards - Stress Value = 250	

Workout #24435 - Wednesday, 25 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 20:00 Spotlight/DS/Shower	RE	
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE	
1,500	30 x 50 on :50 200 Back Pace*	SE	
	1 on 5:00 Video Evaluations 1+/1-	RE	
1,500	30 x 50 on :55 200 Breast Pace*	SE	
	1 on 5:00 Active Recovery	RE	
750	30 x 25 on :30 100 Free Pace*	SE	
	1 on 5:00 Active Recovery	RE	
750	30 x 25 on :30 100 Fly Pace*-Diving Well	SE	
	6:29 PM 4,725 Yards - Stress Value = 459		

Workout #24436 - Wednesday, 25 September 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK
	1 on 25:00 Spotlight/DS/Showers	REC	I
500	20 x 25 on :30 Wednesday Warm-up	REC	I
	2-12,4-13, 6-14, 8-15		
150	10 x 15 on :45 Shooters	SP3	§
1,750	1x{1 x 200 on 3:10 Breaststroke	EN2	§
	{3 x 50 on 1:00 Breaststroke-desend	EN2	§
	{1 x 200 on 3:15 Breaststroke	EN2	§
	{3 x 50 on 1:00 Breaststroke-desend	EN2	§
	{1 x 200 on 3:20 Breaststroke	EN2	§
	{3 x 50 on 1:00 Breaststroke-desend	EN2	§
	{1 x 200 on 3:15 Breaststroke	EN2	§

Workout #24438 - Wednesday, 25 September 2019

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 10 x 20 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{2 x 125 on 2:30 Breast Kick w/board
 {3 x 100 on 2:00 Breast Kick w/board
 {2 x 50 on 1:00 Breast Kick w/board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,250 1x{1 x 250 on 5:00 Breast 2X pullouts start wal
 {2 x 200 on 4:00 Breast 2X pullouts start wal
 {3 x 100 on 2:00 Breast 2X pullouts start wal
 {4 x 50 on 1:00 Breast 2 pullouts start wall
 {4 x 25 on :30 Breast 2X Pullouts start wall
 625 25 x 25 on :35 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,225 Yards - Stress Value = 106

Workout #24439 - Wednesday, 25 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 10 x 20 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 600 1x{2 x 125 on 2:40 Breast Kick w/board
 {2 x 100 on 2:10 Breast Kick w/board
 {3 x 50 on 1:05 Breast Kick NO board
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 1,150 1x{1 x 250 on 5:30 Breast 2X pullouts start wal
 {2 x 200 on 4:20 Breast 2X pullouts start wal
 {3 x 100 on 2:10 Breast 2X pullouts start wal
 {4 x 50 on 1:05 Breast 2X pullouts start wall
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 3,000 Yards - Stress Value = 96

Workout #24440 - Wednesday, 25 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 200 10 x 20 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 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
 1,050 1x{1 x 250 on 5:50 Breast 2X pullouts start wal
 {2 x 200 on 4:40 Breast 2X pullouts start wal
 {3 x 100 on 2:20 Breast 2X pullouts start wal
 {2 x 50 on 1:10 Breast 2X pullouts start wall
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,850 Yards - Stress Value = 93

Workout #24441 - Wednesday, 25 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 160 8 x 20 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 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
 1,000 1x{1 x 250 on 6:15 Breast 2X pullouts start wal
 {2 x 200 on 5:00 Breast 2X pullouts start wal
 {3 x 100 on 2:30 Breast 2X pullouts start wal
 {1 x 50 on 1:15 Breast 2X pullouts start wall
 550 22 x 25 on :40 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:15 PM 2,710 Yards - Stress Value = 91

Workout #24442 - Wednesday, 25 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 160 8 x 20 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 400 1x{2 x 125 on 3:45 Breast Kick w/board
 {1 x 100 on 3:00 Breast Ki k 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
 850 1x{1 x 200 on 6:00 Breast 2X pullouts start wal
 {2 x 150 on 4:30 Breast 2X pullouts start wal
 {3 x 100 on 3:00 Breast 2X pullouts start wal
 {1 x 50 on 1:00 Breast 2X pullouts start wall
 500 20 x 25 on :45 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:14 PM 2,410 Yards - Stress Value = 81

Workout #24443 - Wednesday, 25 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 140 7 x 20 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 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
 700 1x{1 x 200 on 7:00 Breast 2X pullouts start wal
 {2 x 150 on 5:15 Breast 2X pullouts start wal
 {2 x 100 on 3:30 Breast 2X pullouts start wal
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:16 PM 2,090 Yards - Stress Value = 65

Workout #24444 - Thursday, 26 September 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 11:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#1 Shooters EN2
 1,500 1x{10 x 50 on :55 200 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on :55 200 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on :55 200 IM Pace SP2
 1 on 10:00 Video Evaluations 2- REC
 625 25 x 25 on :30 Your #1-100 SP2
 80 4 x 20 on 3:00 Timed Underwaters SP2
 7:01 AM 2,430 Yards - Stress Value = 224

Workout #24445 - Thursday, 26 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EC
 =====
 1 on 20:00 Spotlight/DS/Shower RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 1,000 40 x 25 on :30 200 Fly Pace* SF
 1 on 5:00 Your Choice Recovery RE
 1,500 30 x 50 on :50 200 Free Pace* SF
 1 on 5:00 Your Choice Recovery RE
 750 30 x 25 on :30 100 Breast Pace* SF
 1 on 5:00 Your Choice Recovery* RE
 750 30 x 25 on :30 100 Back Pace* SF
 All sets individualized rest. Non best set 5:00
 set 7:00 rest, make 24 in a row or finish set
 6:21 PM 4,225 Yards - Stress Value = 409

Workout #24446 - Thursday, 26 September 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 600 1 x 600 on 9:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 1,350 1x{4 x 100 on 1:35 Kick
 {3 x 100 on 1:30 Kick
 {2 x 100 on 1:25 Kick
 {1 x 100 on 1:20 Kick
 {1 x 50 on 2:00 Kick
 {6 x 50 on 1:00 Kick-100% Effort
 1,300 1x{1 x 250 on 2:55 Pulls
 {5 x 50 on :55 Pulls 4 breaths
 {1 x 200 on 2:20 Pulls
 {4 x 50 on :55 Pulls-4 breaths
 {1 x 150 on 1:45 Pulls
 {3 x 50 on :55 Pulls 4 breaths
 {1 x 100 on 1:10 Pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,100 1x{1 x 25 on :20 Butterfly
 {1 x 50 on :40 Freestyle
 {2 x 25 on :20 Butterfly
 {2 x 50 on :40 Freestyle
 {3 x 25 on :20 Butterfly
 {3 x 50 on :40 Freestyle
 {4 x 25 on :20 Butterfly
 {4 x 50 on :40 Freestyle
 {5 x 25 on :20 Butterfly
 {5 x 50 on :40 Freestyle

{6 x 25 on :20 Butterfly
 {6 x 50 on :40 Freestyle
 {7 x 25 on :20 Butterfly
 {7 x 50 on :40 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 6,200 Yards - Stress Value = 114

Workout #24447 - Thursday, 26 September 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 600 1 x 600 on 9:00 Underwater trn drill
 Odd 100's free even 100's back
 150 10 x 15 on :45 Racing Skills-Fly Shooters
 1,250 1x{4 x 100 on 1:45 Kick
 {3 x 100 on 1:40 Kick
 {2 x 100 on 1:35 Kick
 {1 x 100 on 1:30 Kick
 {1 x 50 on 2:00 Kick
 {4 x 50 on 1:00 Kick-100% Effort
 1,150 1x{1 x 250 on 3:30 Pulls
 {5 x 50 on 1:00 Pulls 4 breaths
 {1 x 200 on 2:50 Pulls
 {4 x 50 on 1:00 Pulls-4 breaths
 {1 x 150 on 2:10 Pulls
 {2 x 50 on 1:00 Pulls 4 breaths
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,900 1x{1 x 25 on :25 Butterfly
 {1 x 50 on :40 Freestyle
 {2 x 25 on :25 Butterfly
 {2 x 50 on :40 Freestyle
 {3 x 25 on :25 Butterfly
 {3 x 50 on :40 Freestyle
 {4 x 25 on :25 Butterfly
 {4 x 50 on :40 Freestyle
 {5 x 25 on :25 Butterfly
 {5 x 50 on :40 Freestyle
 {6 x 25 on :25 Butterfly
 {6 x 50 on :40 Freestyle
 {7 x 25 on :25 Butterfly
 {3 x 50 on :40 Freestyle
 500 10 x 50 on 1:00 Stroke Drills
 6:30 PM 5,750 Yards - Stress Value = 101

Workout #24448 - Thursday, 26 September 2019

Group 2 - Back

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 25:00 DS/Dryland
 300 1 x 300 on 5:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 20:00 Teach Day-Backstroke
 100 4 x 25 on 1:00 Odds face in sculling drills
 Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 All BLSR's 12.5 yds minimum
 600 1x{4 x 25 on :30 Kick no board B
 {3 x 50 on 1:05 Kick no board L/R/S
 {4 x 25 on :30 Kick no board B
 {3 x 50 on 1:00 Kick no board L/R/S
 {4 x 25 on :30 Kick no board B
 1 on 12:00 Racing Skills-back starts
 7:15 PM 1,900 Yards - Stress Value = 93

Workout #24449 - Thursday, 26 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 20:00 Teach Day-Backstroke
750	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
550	30 x 25 on :30 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
400	1x{4 x 25 on :35 Kick no board B {3 x 50 on 1:10 Kick no board L/R/S {4 x 25 on :35 Kick no board B {3 x 50 on 1:05 Kick no board L/R/S {2 x 25 on :35 Kick no board BSLR
7:15 PM	1 on 12:00 Racing Skills-back starts 1,850 Yards - Stress Value = 92

Workout #24450 - Thursday, 26 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 20:00 Teach Day-Backstroke
625	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
500	25 x 25 on :35 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
300	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
7:15 PM	1 on 12:00 Racing Skills-back starts 1,625 Yards - Stress Value = 78

Workout #24451 - Thursday, 26 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 20:00 Teach Day-Backstroke
625	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
500	25 x 25 on :35 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
400	1x{4 x 25 on :40 Kick no board B {3 x 50 on 1:20 Kick no board L/R/S {4 x 25 on :40 Kick no board B {3 x 50 on 1:15 Kick no board L/R/S
7:16 PM	1 on 12:00 Racing Skills-back starts 1,625 Yards - Stress Value = 78

Workout #24452 - Thursday, 26 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 20:00 Teach Day-Backstroke
550	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
400	22 x 25 on :40 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
300	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:45 Kick no board L/R/S {4 x 25 on :45 Kick no board B {1 x 50 on 1:45 Kick no board L/R
7:16 PM	1 on 12:00 Racing Skills-back starts 1,400 Yards - Stress Value = 69

1 on 25:00 DS/Dryland

200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 20:00 Teach Day-Backstroke
100	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 All BLSR's 12.5 yds minimum
400	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:45 Kick no board L/R/S {4 x 25 on :45 Kick no board B {1 x 50 on 1:45 Kick no board L/R
7:16 PM	1 on 12:00 Racing Skills-back starts 1,400 Yards - Stress Value = 69

Workout #24453 - Thursday, 26 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 20:00 Teach Day-Backstroke
375	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
300	15 x 25 on 1:00 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
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
7:15 PM	1 on 12:00 Racing Skills-back starts 1,125 Yards - Stress Value = 50

Workout #24454 - Friday, 27 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
225	1 on 20:00 Spotlight/DS/Showers	RE
600	15 x 15 on :45 Racing Skills-Crossover Turns	SF
600	30 x 20 on :30 100 Back Pace*	SF
600	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Breast Pace*	SF
600	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Free Pace*	SF
5:45 PM	2,025 Yards - Stress Value = 189	

Workout #24452 - Thursday, 26 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 25:00 DS/Dryland
150	1 x 200 on 5:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 20:00 Teach Day-Backstroke
550	4 x 25 on 1:00 Odds face in sculling drills Evens-underwaters, count kicks
400	22 x 25 on :40 USRPT-100 Back Pace All BLSR's 12.5 yds minimum
300	1x{4 x 25 on :45 Kick no board B {3 x 50 on 1:45 Kick no board L/R/S {4 x 25 on :45 Kick no board B {1 x 50 on 1:45 Kick no board L/R
7:16 PM	1 on 12:00 Racing Skills-back starts 1,400 Yards - Stress Value = 69

Workout #24455 - Friday, 27 September 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description
400	1 on 25:00 Spotlight/DS>Showers
150	1 x 400 on 6:00 Choice
600	10 x 15 on :45 Racing Skills-Crossover Turns
	1x{4 x 25 on :25 Kick no board BSLR
	{1 x 125 on 1:55 Kick
	{1 x 125 on 1:50 Kick
	{1 x 125 on 1:45 Kick
	{1 x 125 on 1:40 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 200 on 2:40 Individual Medley
	{2 x 200 on 2:35 Individual Medley
	{3 x 200 on 2:30 Individual Medley
	{4 x 200 on 2:25 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	5:44 PM 3,600 Yards - Stress Value = 57

Workout #24456 - Friday, 27 September 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
400	1 on 25:00 Spotlight/DS>Showers
150	1 x 400 on 6:00 Choice
500	10 x 15 on :45 Racing Skills-Crossover Turns
	1x{4 x 25 on :25 Kick no board BSLR
	{1 x 125 on 2:10 Kick
	{1 x 125 on 2:05 Kick
	{1 x 125 on 2:00 Kick
	{1 x 25 on :25 Kick
200	4x{1 x 25 on :50 Sculling drills
	{1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,800	1x{1 x 200 on 2:55 Individual Medley
	{2 x 200 on 2:50 Individual Medley
	{3 x 200 on 2:45 Individual Medley
	{3 x 200 on 2:40 Individual Medley
250	1 x 250 on 5:00 Stroke Drills
	5:44 PM 3,300 Yards - Stress Value = 51

Workout #24457 - Friday, 27 September 2019

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
500	1 on 40:00 DS/Dryland
	4 x 125 on 2:15 Swim USS
	50 Swim-25 under-25 scull-25 swim
150	10 x 15 on :45 Shooters
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,200	6x{1 x 100 on 1:30 Individual Medley
	{1 x 50 on :45 Freestyle
	{1 x 50 on 1:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,200 Yards - Stress Value = 24

Workout #24458 - Friday, 27 September 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description

500	1 on 40:00 DS/Dryland
	4 x 125 on 2:15 Swim USS
	50 Swim-25 under-25 scull-25 swim
150	10 x 15 on :45 Shooters
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,200	6x{1 x 100 on 1:40 Individual Medley
	{1 x 50 on :50 Freestyle
	{1 x 50 on 1:05 Freestyle
	On Round 6 only do the IM
250	1 x 250 on 5:00 Stroke Drills
	6:32 PM 2,200 Yards - Stress Value = 24

Workout #24459 - Wednesday, 25 September 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 Swim USS
	25 Swim-25 under-25 scull-25 swim
150	10 x 15 on :45 Shooters
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,000	5x{1 x 100 on 1:55 Individual Medley
	{1 x 50 on :55 Freestyle
	{1 x 50 on 1:10 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 1,900 Yards - Stress Value = 21

Workout #24460 - Friday, 27 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 Swim USS
	25 Swim-25 under-25 scull-25 swim
150	10 x 15 on :45 Shooters
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
1,000	5x{1 x 100 on 2:00 Individual Medley
	{1 x 50 on 1:00 Freestyle
	{1 x 50 on 1:15 Freestyle
	On Round 5 only do the IM
250	1 x 250 on 5:00 Stroke Drills
	6:32 PM 1,900 Yards - Stress Value = 21

Workout #24461 - Friday, 27 September 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 40:00 DS/Dryland
	4 x 75 on 2:15 Swim US
	25 Swim-25 under-25 scull
150	10 x 15 on :45 Shooters
100	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
800	4x{1 x 100 on 2:30 Individual Medley
	{1 x 50 on 1:15 Freestyle
	{1 x 50 on 1:30 Freestyle
	On Round 4 only do the 1st 50
250	1 x 250 on 5:00 Stroke Drills
	6:31 PM 1,600 Yards - Stress Value = 18

Workout #24462 - Friday, 27 September 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
300	1 on 40:00 DS/Dryland
150	4 x 75 on 2:15 Swim US
100	25 Swim-25 under-25 scull
100	10 x 15 on :45 Shooters
600	4 x 25 on 1:00 Odds face in sculling drills
	Evens-underwaters, count kicks
600	3x{1 x 100 on 3:00 Individual Medley
	{1 x 50 on 1:30 Freestyle
	{1 x 50 on 2:00 Freestyle
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 1,400 Yards - Stress Value = 15

Workout #24463 - Monday, 30 September 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3	
	1 on 5:00 Video Evaluations-	REC	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
120	6 x 20 on 3:00 Timed Underwaters-B	SP2	
	7:02 AM 3,345 Yards - Stress Value = 321		

Workout #24464 - Monday, 30 September 2019

Group 3 - IM'ers

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 DS/Showers	REC	
500	20 x 25 on :30 Wednesday Warm-up	REC	
150	10 x 15 on :45 Racing Skills-#2 Shooters	SP3	
2,250	1x{1 x 200 on 2:30 Individual Medley	EN2	
	{1 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	EN2	
	{2 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	EN2	
	{3 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	EN2	
	{4 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	EN2	
	{5 x 50 on :35 Freestyle	EN2	
	{1 x 200 on 2:30 Individual Medley	EN2	
	{6 x 50 on :35 Freestyle	EN2	
160	8 x 20 on 3:00 Timed Underwaters-B	SP2	
	6:58 AM 3,060 Yards - Stress Value = 67		

Workout #24465 - Monday, 30 September 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	F	S
	1 on 20:00 Spotlight/DS/Showers	F	
225	15 x 15 on :45 Racing Skills-Free Shooters	S	
1,500	30 x 50 on :50 200 Back Pace*	S	
	1 on 5:00 Video Evaluations 1+/1-	F	
1,500	30 x 50 on :50 200 Fly Pace*	S	
	1 on 5:00 Active Recovery	F	
750	30 x 25 on :30 100 Free Pace	S	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F	
	{1 on :30 Rest	F	

{6 x 15 on :20 Undr Wtr Fly Kck	F
{1 on :30 Rest	F
{4 x 15 on :15 Undr Wtr Fly Kck	F
{1 on :30 Rest	F
{2 x 15 on :10 Undr Wtr Fly Kck	F
30 x 20 on :30 100 Breast Pace	S
6:31 PM 4,875 Yards - Stress Value = 450	

Workout #24466 - Monday, 30 September 2019

Group 3 - Distance

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 25:00 Spotlight/DS/Showers	REC	
600	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
150	10 x 15 on :45 Shooters	SP3	
3,200	4 x 800 on 10:00 Free-descend	EN2	
1,300	1x{ All BSLR's 14 KOW		
	{4 x 25 on :25 Kick no board BSLR	EN2	
	{1 x 150 on 2:30 Kick	EN2	
	{1 x 100 on 1:40 Kick	EN2	
	{1 x 50 on :50 Kick	EN2	
	{4 x 25 on :25 Kick no board BSLR	EN2	
	{1 x 150 on 2:25 Kick	EN2	
	{1 x 100 on 1:35 Kick	EN2	
	{1 x 50 on :45 Kick	EN2	
	{4 x 25 on :25 Kick no board BSLR	EN2	
	{1 x 150 on 2:20 Kick	EN2	
	{1 x 100 on 1:30 Kick	EN2	
	{1 x 50 on :40 Kick	EN2	
	{4 x 25 on :25 Kick no board BSLR	EN2	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2	
1,000	1x{ Hold breath L.12yds of each 100		
	{1 x 400 on 5:15 Pulls-no br L.12 yds	EN2	
	{1 x 300 on 3:55 Pulls-no br L.12 yds	EN2	
	{1 x 200 on 2:35 Pulls-no br L.12 yds	EN2	
	{1 x 100 on 1:15 Pulls-no br L.12 yds	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:30 PM 6,750 Yards - Stress Value = 122		

Workout #24467 - Monday, 30 September 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WOF
600	1 on 25:00 Spotlight/DS/Showers	REC	
150	1 x 600 on 10:00 Swim-kick-pull-swim	REC	
3,000	10 x 15 on :45 Shooters	SP3	
1,300	4 x 750 on 10:00 Free-descend	EN2	
	1x{ All BSLR's 14 KOW		
	{ 4 x 25 on :25 Kick no board BSLR	EN2	
	{ 1 x 150 on 2:30 Kick	EN2	
	{ 1 x 100 on 1:40 Kick	EN2	
	{ 1 x 50 on :50 Kick	EN2	
	{ 4 x 25 on :25 Kick no board BSLR	EN2	
	{ 1 x 150 on 2:25 Kick	EN2	
	{ 1 x 100 on 1:35 Kick	EN2	
	{ 1 x 50 on :45 Kick	EN2	
	{ 4 x 25 on :25 Kick no board BSLR	EN2	
	{ 1 x 150 on 2:20 Kick	EN2	
	{ 1 x 100 on 1:30 Kick	EN2	
	{ 1 x 50 on :40 Kick	EN2	
	{ 4 x 25 on :25 Kick no board BSLR	EN2	
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	
900	1x{ Hold breath L.12yds of each 100		
	{ 1 x 350 on 5:15 Pulls-no br L.12 yds	EN2	
	{ 1 x 275 on 3:55 Pulls-no br L.12 yds	EN2	
	{ 1 x 175 on 2:35 Pulls-no br L.12 yds	EN2	
	{ 1 x 100 on 1:15 Pulls-no br L.12 yds	EN2	
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:30 PM 6,450 Yards - Stress Value = 117		

Workout #24468 - Monday, 30 September 2019

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
300	1 on 25:00 DS/Dryland		
150	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP		
425	10 x 15 on :45 Shooters		
	1x{ 1 x 50 on 1:00 Fly Kick w/board		
	{ 1 x 100 on 2:00 Fly Kick w/board		
	{ 1 x 125 on 2:30 Fly Kick w/board		
	{ 1 x 150 on 3:00 Fly Kick w/board		
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
1,150	1x{ 2 x 100 on 1:30 75 Free 25 Fly w/free kick		
	{ 4 x 25 on :30 Fly 8/9/10/11 KOW		
	{ 2 x 100 on 1:30 75 Free 25 Fly w/free kick		
	{ 4 x 25 on :30 Fly 9/10/11/12 KOW		
	{ 2 x 100 on 1:30 75 Free 25 Fly w/free kick		
	{ 4 x 25 on :30 Fly 10/11/12/13 KOW		
	{ 2 x 100 on 1:30 75 Free 25 Fly w/free kick		
	{ 2 x 25 on :30 Fly 13/14 KOW		
750	30 x 25 on :30 USRPT 100 Fly Pace		
	1 on 10:00 Game		
200	1 x 200 on 4:00 Stroke Drills		
	7:15 PM 3,075 Yards - Stress Value = 52		

Workout #24469 - Monday, 30 September 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
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Yards	Set Description	EGY	WOF
300	1 on 25:00 DS/Dryland		
150	1 x 300 on 5:00 By 100: THD + ThmbDrg + CFP		
400	10 x 15 on :45 Shooters		
	1x{ 1 x 25 on :35 Fly Kick w/board		
	{ 1 x 50 on 1:05 Fly Kick w/board		
	{ 1 x 75 on 1:40 Fly Kick w/board		
	{ 1 x 100 on 2:10 Fly Kick w/board		
	{ 1 x 150 on 3:15 Fly Kick w/board		
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
1,000	1x{ 2 x 100 on 1:40 75 Free 25 Fly w/free kick		
	{ 4 x 25 on :35 Fly 8/9/10/11 KOW		
	{ 2 x 100 on 1:40 75 Free 25 Fly w/free kick		
	{ 4 x 25 on :35 Fly 9/10/11/12 KOW		
	{ 2 x 100 on 1:40 75 Free 25 Fly w/free kick		
	{ 4 x 25 on :35 Fly 10/11/12/13 KOW		
	{ 1 x 100 on 1:40 75 Free 25 Fly w/free kick		
625	25 x 25 on :35 USRPT 100 Fly Pace		
	1 on 10:00 Game		
200	1 x 200 on 4:00 Stroke Drills		
	7:15 PM 2,775 Yards - Stress Value = 46		

Workout #24470 - Monday, 30 September 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WOF
250	1 on 25:00 DS/Dryland		
150	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP		
350	10 x 15 on :45 Shooters		
	1x{ 1 x 50 on 1:10 Fly Kick w/board		
	{ 1 x 75 on 1:45 Fly Kick w/board		
	{ 1 x 100 on 2:20 Fly Kick w/board		
	{ 1 x 125 on 2:55 Fly Kick w/board		
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
850	1x{ 2 x 100 on 1:55 75 Free 25 Fly w/free kick		
	{ 4 x 25 on :40 Fly 8/9/10/11 KOW		
	{ 2 x 100 on 1:55 75 Free 25 Fly w/free kick		
	{ 4 x 25 on :40 Fly 9/10/11/12 KOW		
	{ 2 x 100 on 1:55 75 Free 25 Fly w/free kick		
	{ 2 x 25 on :40 Fly 12/13 KOW		
550	22 x 25 on :40 USRPT 100 Fly Pace		
	1 on 10:00 Game		
200	1 x 200 on 4:00 Stroke Drills		
	7:15 PM 2,450 Yards - Stress Value = 41		

Workout #24471 - Monday, 30 September 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
250	1 x 250 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{1 x 50 on 1:15 Fly Kick w/board {1 x 75 on 1:55 Fly Kick w/board {1 x 100 on 2:30 Fly Kick w/board {1 x 125 on 3:10 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{1 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 8/9/10/11 KOW {1 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 9/10/11/12 KOW {1 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 10/11/12/13 KOW {2 x 100 on 2:05 75 Free 25 Fly w/free kick
500	20 x 25 on :45 USRPT 100 Fly Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:16 PM 2,350 Yards - Stress Value = 39

Workout #24472 - Monday, 30 September 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
300	1x{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
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{1 x 100 on 2:30 75 Free 25 Fly w/free kick {4 x 25 on :50 Fly 8/9/10/11 KOW {1 x 100 on 2:30 75 Free 25 Fly w/free kick {4 x 25 on :50 Fly 9/10/11/12 KOW {1 x 100 on 2:30 75 Free 25 Fly w/free kick {4 x 25 on :50 Fly 10/11/12/13 KOW {1 x 50 on 1:15 25 Free 25 Fly w/free kick
450	18 x 25 on :50 USRPT 100 Fly Pace 1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,050 Yards - Stress Value = 34

Workout #24473 - Monday, 30 September 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
250	1x{1 x 50 on 1:45 Fly Kick w/board {2 x 100 on 3:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
575	1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick {2 x 25 on 1:00 Fly 8/9 KOW {1 x 100 on 3:00 75 Free 25 Fly w/free kick {2 x 25 on 1:00 Fly 8/9 KOW {1 x 100 on 3:00 75 Free 25 Fly w/free kick {2 x 25 on 1:00 Fly 8/9 KOW

{1 x 100 on 3:00 75 Free 25 Fly w/free kick

{1 x 25 on 1:00 Fly 9 KOW

375 15 x 25 on 1:00 USRPT 100 Fly Pace

1 on 10:00 Game

200 1 x 200 on 4:00 Stroke Drills

7:15 PM 1,850 Yards - Stress Value = 30

Workout #24474 - Tuesday, 01 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 11:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	EN2
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest	SP2 REC
	{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest	SP2 REC
	{10 x 50 on :55 400 IM Pace 1 on 10:00 Video Evaluations 2-	SP2 REC
600	30 x 20 on :25 Your #1-100	SP2
80	4 x 20 on 3:00 Timed Underwaters	SP2
	7:01 AM 2,405 Yards - Stress Value = 222	

Workout #24475 - Wednesday, 02 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 11:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3
	1 on 8:00 Racing Skills-Lane Line Survivor	EN1
2,250	30 x 75 on 1:05 500 Free Pace	SP2
160	8 x 20 on 3:00 Timed Underwaters-B	SP2
	7:00 AM 2,635 Yards - Stress Value = 250	

Workout #24476 - Wednesday, 02 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	E
=====	=====	=====
	1 on 20:00 Spotlight/DS/Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	S
1,500	30 x 50 on :50 200 Free Pace	S
	1 on 5:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :55 200 Breast Pace	S
	1 on 5:00 Active Recovery	F
750	30 x 25 on :30 100 Back Pace (starts no later than 5:44)	S
	1 on 5:00 Active Recovery	F
600	30 x 20 on :30 100 Fly Pace (Diving Well)	S
	1 on 10:00 Tic Tac Toe Relay	E
	6:39 PM 4,575 Yards - Stress Value = 444	

Workout #24477 - Wednesday, 02 October 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 500 1 on 25:00 Spotlight/DS/Showers
 20 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 8-15
 150 10 x 15 on :45 Shooters
 3,200 1x{4 x 100 on 1:25 Fly 2-3-4-5 SOW
 {4 x 100 on 1:20 Fly 2-3-4-5 SOW
 {4 x 100 on 1:15 Fly 2-3-4-5 SOW
 {4 x 100 on 1:10 Fly 2-3-4-5 SOW
 {1 x 200 on 3:00 Stroke Drills
 {3 x 75 on 1:00 Fly 3-4-5 SOW
 {3 x 75 on :55 Fly 3-4-5 SOW
 {3 x 75 on :50 Fly 3-4-5 SOW
 {1 x 200 on 3:00 Stroke Drills
 {2 x 50 on :40 Fly 4-5 SOW
 {2 x 50 on :35 Fly 4-5 SOW
 {1 x 225 on 3:30 Stroke Drills
 {1 x 100 on 2:30 100 Fly OTB
 2,050 1x{6 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {5 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {4 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {3 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {2 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {1 x 50 on :45 Kick
 1 on 10:00 Racing Skills-Tic Tac Toe Relay
 6:30 PM 5,900 Yards - Stress Value = 97

Workout #24478 - Wednesday, 02 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 500 1 on 25:00 Spotlight/DS/Showers
 20 x 25 on :30 Wednesday Warm-up
 2-12, 4-13, 6-14, 8-15
 150 10 x 15 on :45 Shooters
 3,000 1x{4 x 100 on 1:30 Fly 2-3-4-5 SOW
 {4 x 100 on 1:25 Fly 2-3-4-5 SOW
 {4 x 100 on 1:20 Fly 2-3-4-5 SOW
 {3 x 100 on 1:15 Fly 2-3-4-5 SOW
 {1 x 200 on 3:00 Stroke Drills
 {3 x 75 on 1:05 Fly 3-4-5 SOW
 {3 x 75 on 1:00 Fly 3-4-5 SOW
 {2 x 75 on :55 Fly 3-4-5 SOW
 {1 x 200 on 3:00 Stroke Drills
 {2 x 50 on :45 Fly 4-5 SOW
 {2 x 50 on :40 Fly 4-5 SOW
 {1 x 200 on 3:30 Stroke Drills
 {1 x 100 on 2:30 100 Fly OTB
 2,050 1x{6 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {5 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {4 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {3 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {2 x 50 on :45 Kick
 {8 x 25 on :30 Kick your weakest kick
 {1 x 50 on :45 Kick
 1 on 10:00 Racing Skills-Tic Tac Toe Relay
 6:30 PM 5,700 Yards - Stress Value = 94

Workout #24479 - Wednesday, 02 October 2019

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 400 1 on 25:00 DS/Dryland
 1 x 400 on 6:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 1:50 Free Kick w/board
 {2 x 100 on 1:55 Free Kick w/board
 {2 x 100 on 2:00 Free Kick w/board
 {2 x 100 on 2:05 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 9 x 150 on 2:30 Free descend in sets of 3
 Each set of three descends
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,650 Yards - Stress Value = 122

Workout #24480 - Wednesday, 02 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 350 1 on 25:00 DS/Dryland
 1 x 350 on 6:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 1:55 Free Kick w/board
 {2 x 100 on 2:00 Free Kick w/board
 {2 x 100 on 2:05 Free Kick w/board
 {1 x 100 on 2:10 Free Kick w/board
 {1 x 50 on 1:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{8 x 150 on 2:40 Free descend in sets of 3
 {1 x 50 on :55 Free-Fast!
 Each set of three descends
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,450 Yards - Stress Value = 119

Workout #24481 - Wednesday, 02 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 350 1 on 25:00 DS/Dryland
 1 x 350 on 6:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 550 1x{1 x 100 on 2:05 Free Kick w/board
 {2 x 100 on 2:10 Free Kick w/board
 {2 x 100 on 2:15 Free Kick w/board
 {1 x 50 on 1:10 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{8 x 150 on 2:55 Free descend in sets of 3
 Each set of three descends
 625 25 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:15 PM 3,175 Yards - Stress Value = 103

Workout #24482 - Wednesday, 02 October 2019

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 6:00 SunYangFree-Count strokes
500	10 x 15 on :45 Shooters
1x{1 x 100 on 2:20 Free Kick w/board	
	{ 2 x 100 on 2:25 Free Kick w/board
	{ 2 x 100 on 2:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{7 x 150 on 3:15 Free descend in sets of 3
	{ 1 x 50 on 1:10 Free-FAST!
	Each set of three descends
550	22 x 25 on 4:00 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,900 Yards - Stress Value = 93

Workout #24483 - Wednesday, 02 October 2019

Group 2 - 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 6:00 Sun Yang Free w/ssnorkels
450	10 x 15 on :45 Shooters
1x{1 x 100 on 2:40 Free Kick w/board	
	{ 2 x 100 on 2:45 Free Kick w/board
	{ 1 x 100 on 2:50 Free Kick w/board
	{ 1 x 50 on 1:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{6 x 150 on 3:45 Free descend in sets of 3
	{ 1 x 50 on 1:15 Free-FAST!
	Each set of three descends
500	20 x 25 on :45 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,600 Yards - Stress Value = 84

Workout #24484 - Wednesday, 02 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 6:00 SunYangFree-Count strokes
400	10 x 15 on :45 Shooters
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
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{6 x 100 on 3:45 Free descend in sets of 3
	{ 1 x 50 on 1:15 Free-FAST!
	Each set of three descends
375	15 x 25 on 1:00 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:15 PM 2,125 Yards - Stress Value = 65

Workout #24485 - Thursday, 03 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY

	1 on 11:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#1 Shooters	EN2
1,500	1x{10 x 50 on :55 200 IM Pace	SP2
	{ 1 on 1:00 Rest	REC
	{ 10 x 50 on :55 200 IM Pace	SP2
	{ 1 on 1:00 Rest	REC
	{ 10 x 50 on :55 200 IM Pace	SP2
	1 on 10:00 Video Evaluations 2-	REC
625	25 x 25 on :30 Your #2-100	SP2
80	4 x 20 on 3:00 Timed Underwaters	SP2
	7:01 AM 2,430 Yards - Stress Value = 224	

Workout #24486 - Thursday, 03 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
	1 on 20:00 Spotlight/DS/Shower	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Fly Pace	SE
	1 on 5:00 Your Choice Recovery	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 5:00 Your Choice Recovery	RE
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 5:00 Your Choice Recovery	RE
750	30 x 25 on :30 100 Back Pace	SE
	All sets individualized rest. Non best set 5:00	
	set 7:00 rest, make 24 in a row or finish set	
	6:06 PM 3,225 Yards - Stress Value = 309	

Workout #24487 - Thursday, 03 October 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description	
	1 on 25:00 Spotlight/DS/Showers	
600	1 x 600 on 9:00 Underwater Turn Drill	
150	10 x 15 on :45 Shooters	
1,500	1x{ BSLR 100%-Make all to 15m = - 1 X 50	
	{ 4 x 25 on :30 Kick no board BSLR	
	{ 4 x 50 on :45 Kick-100%	
	{ 4 x 25 on :30 Kick no board BSLR	
	{ 4 x 50 on :50 Kick-100%	
	{ 4 x 25 on :30 Kick no board BSLR	
	{ 4 x 50 on :55 Kick-100%	
	{ 4 x 25 on :30 Kick no board BSLR	
	{ 4 x 50 on :50 Kick-100%	
	{ 4 x 25 on :30 Kick no board BSLR	
	{ 4 x 50 on :45 Kick-100%	
2,100	1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3	
	{ 1 x 300 on 4:05 Lungbuster pulls	
	{ 1 x 300 on 4:00 Lungbuster pulls	
	{ 1 x 300 on 3:55 Lungbuster pulls	
	{ 1 x 300 on 3:50 Lungbuster pulls	
	{ 1 x 300 on 3:45 Lungbuster pulls	
	{ 1 x 300 on 3:40 Lungbuster pulls	
	{ 1 x 300 on 3:35 Lungbuster pulls	
200	4x{ 1 x 25 on :50 Sculling drills	
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
1,600	1x{ 2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr	
	{ 2 x 75 on 1:10 Breast 2/3/4 PO	
	{ 2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr	
	{ 2 x 75 on 1:10 Breast 2/3/4 PO	
	{ 2 x 100 on 1:30 75-2k1p+1to4 25 TOdrill w/fr	
	{ 2 x 75 on 1:10 Breast 2/3/4 PO	
	{ 2 x 100 on 1:25 75-2k1p+1to4 25 TOdrill w/fr	
	{ 2 x 75 on 1:10 Breast 2/3/4 PO	
	{ 2 x 100 on 1:20 75-2k1p+1to4 25 TOdrill w/fr	
200	1 x 200 on 3:00 Stroke Drills	
	6:31 PM 6,350 Yards - Stress Value = 112	

Workout #24488 - Thursday, 03 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 25:00 Spotlight/DS>Showers
150	1 x 600 on 9:00 Underwater Turn Drill
1,500	10 x 15 on :45 Shooters
1,500	1x{ BSLR 100%-Make all to 15m = - 1 X 50
	{ 4 x 25 on :30 Kick no board BSLR
	{ 4 x 50 on :45 Kick-100%
	{ 4 x 25 on :30 Kick no board BSLR
	{ 4 x 50 on :50 Kick-100%
	{ 4 x 25 on :30 Kick no board BSLR
	{ 4 x 50 on :55 Kick-100%
	{ 4 x 25 on :30 Kick no board BSLR
	{ 4 x 50 on :50 Kick-100%
	{ 4 x 25 on :30 Kick no board BSLR
	{ 4 x 50 on :45 Kick-100%
1,850	1x{ 200=br 3-5-7 continuous, L.100 HB@flags & 3
	{ 1 x 275 on 4:05 Lungbuster pulls
	{ 1 x 275 on 4:00 Lungbuster pulls
	{ 1 x 275 on 3:55 Lungbuster pulls
	{ 1 x 275 on 3:50 Lungbuster pulls
	{ 1 x 250 on 3:45 Lungbuster pulls
	{ 1 x 250 on 3:40 Lungbuster pulls
	{ 1 x 250 on 3:35 Lungbuster pulls
200	4x{ 1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,400	1x{ 2 x 100 on 1:50 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:15 Breast 2/3/4 PO
	{ 2 x 100 on 1:45 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:15 Breast 2/3/4 PO
	{ 2 x 100 on 1:40 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:15 Breast 2/3/4 PO
	{ 2 x 100 on 1:35 75-2k1p+1to4 25 TOdrill w/fr
	{ 2 x 75 on 1:15 Breast 2/3/4 PO
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 5,900 Yards - Stress Value = 105

Workout #24489 - Thursday, 03 October 2019

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 20:00 Teach Day Backstroke
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 100 Back Pace
700	1x{ 4 x 25 on :30 Kick no board B
	{ 3 x 50 on 1:00 Kick on L/R/S
	{ 4 x 25 on :30 Kick no board B
	{ 3 x 50 on 1:00 Kick on L/R/S
	{ 4 x 25 on :30 Kick no board B
	{ 2 x 50 on 1:00 Kick on L/R
	1 on 10:00 Racing Skills-Back Finishes
	7:15 PM 2,000 Yards - Stress Value = 95

Workout #24490 - Thursday, 03 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 25:00 DS/Dryland
150	1 x 300 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters

100	1 on 20:00 Teach Day Backstroke
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 100 Back Pace
600	1x{ 4 x 25 on :35 Kick no board B
	{ 3 x 50 on 1:05 Kick on L/R/S
	{ 4 x 25 on :35 Kick no board B
	{ 3 x 50 on 1:05 Kick on L/R/S
	{ 4 x 25 on :35 Kick no board B
	1 on 10:00 Racing Skills-Back Finishes
	7:14 PM 1,775 Yards - Stress Value = 80

Workout #24491 - Thursday, 03 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 20:00 Teach Day Backstroke
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 100 Back Pace
550	1x{ 4 x 25 on :40 Kick no board B
	{ 3 x 50 on 1:15 Kick on L/R/S
	{ 4 x 25 on :40 Kick no board B
	{ 3 x 50 on 1:15 Kick on L/R/S
	{ 2 x 25 on :40 Kick no board B
	1 on 10:00 Racing Skills-Back Finishes
	7:15 PM 1,600 Yards - Stress Value = 72

Workout #24492 - Thursday, 03 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
250	1 on 25:00 DS/Dryland
150	1 x 250 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 20:00 Teach Day Backstroke
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 100 Back Pace
500	1x{ 4 x 25 on :45 Kick no board B
	{ 3 x 50 on 1:20 Kick on L/R/S
	{ 4 x 25 on :45 Kick no board B
	{ 3 x 50 on 1:20 Kick on L/R/S
	1 on 10:00 Racing Skills-Back Finishes
	7:15 PM 1,500 Yards - Stress Value = 66

Workout #24493 - Thursday, 03 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 20:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	18 x 25 on :50 100 Back Pace
400	1x{4 x 25 on 1:00 Kick no board B { 3 x 50 on 1:30 Kick on L/R/S { 4 x 25 on 1:00 Kick no board B { 1 x 50 on 1:30 Streamline Kick on Back
	1 on 10:00 Racing Skills-Back Finishes
7:15 PM	1,300 Yards - Stress Value = 59

Workout #24494 - Thursday, 03 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 DS/Dryland
200	1 x 200 on 5:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 20:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 100 Back Pace
350	1x{4 x 25 on 1:00 Kick no board B { 2 x 50 on 2:00 Kick on L/R { 4 x 25 on 1:00 Kick no board B { 1 x 50 on 2:00 Kick Streamline on back
	1 on 10:00 Racing Skills-Back Finishes
7:15 PM	1,175 Yards - Stress Value = 51

Workout #24495 - Friday, 04 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 10:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
2,250	30 x 75 on 1:10 500 Free Pace	SE
	1 on 5:00 Video Evaluations 1+/1-	RE
500	25 x 20 on :30 100 Fly Pace*	SE
	1 on 5:00 Active Recovery	RE
500	25 x 20 on :30 100 Free Pace*	SE
7:06 AM	3,475 Yards - Stress Value = 334	

Workout #24496 - Friday, 04 October 2019

Group 3 - Swim Like A Champion Day

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 12:00 DS/Showers
600	1 x 600 on 9:00 Reverse IM drill
150	10 x 15 on :45 Shooters
800	1 x 800 on 16:00 Vertical Kicking
100	2x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{16 x 50 on :45 Freestyle every 4th one 100% {12 x 50 on :50 Freestyle every 3rd one 100% { 8 x 50 on :55 Freestyle every 2nd one 100%

{4 x 50 on 1:00 Freestyle all 100%

200 1 x 200 on 3:00 Stroke Drills

7:00 AM 3,850 Yards - Stress Value = 70

Workout #24497 - Friday, 04 October 2019

Group 2 - Breast

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	==	==	==
	1 on 40:00 DS/Dryland	REC	L	DF
500	4 x 125 on 2:30 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	E
1,000	1x{1 x 50 on 1:00 Breast L.25 2k1p	EN2	S	E
	{ 2 x 75 on 1:30 Breast L.25 2k1p	EN2	S	E
	{ 3 x 100 on 2:00 Breast L.25 2k1p	EN2	S	E
	{ 3 x 100 on 1:55 Breast L.25 2k1p	EN2	S	E
	{ 2 x 75 on 1:25 Breast L.25 2k1p	EN2	S	E
	{ 1 x 50 on :55 Breast L.25 2k1p	EN2	S	E
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	E
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:30 PM	1,950 Yards - Stress Value = 36			

Workout #24498 - Friday, 04 October 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	==	==	==
	1 on 40:00 DS/Dryland	REC	L	DF
500	4 x 125 on 2:30 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	E
950	1x{1 x 50 on 1:05 Breast L.25 2k1p	EN2	S	E
	{ 2 x 75 on 1:35 Breast L.25 2k1p	EN2	S	E
	{ 3 x 100 on 2:05 Breast L.25 2k1p	EN2	S	E
	{ 1 x 100 on 2:00 Breast L.25 2k1p	EN2	S	E
	{ 2 x 75 on 1:30 Breast L.25 2k1p	EN2	S	E
	{ 4 x 50 on 1:00 Breast L.25 2k1p	EN2	S	E
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	E
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:30 PM	1,900 Yards - Stress Value = 35			

Workout #24499 - Friday, 04 October 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
=====	=====	==	==	==
	1 on 40:00 DS/Dryland	REC	L	DF
400	4 x 100 on 2:30 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	E
850	1x{1 x 50 on 1:10 Breast L.25 2k1p	EN2	S	E
	{ 2 x 75 on 1:45 Breast L.25 2k1p	EN2	S	E
	{ 3 x 100 on 2:20 Breast L.25 2k1p	EN2	S	E
	{ 1 x 100 on 2:15 Breast L.25 2k1p	EN2	S	E
	{ 2 x 75 on 1:40 Breast L.25 2k1p	EN2	S	E
	{ 2 x 50 on 1:05 Breast L.25 2k1p	EN2	S	E
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	E
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:30 PM	1,700 Yards - Stress Value = 33			

Workout #24500 - Friday, 04 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
400	1 on 40:00 DS/Dryland	REC	L	DF
400	4 x 100 on 2:30 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
800	1x{1 x 50 on 1:15 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 1:50 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 2:30 Breast L.25 2k1p	EN2	S	F
	{1 x 100 on 2:25 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 1:45 Breast L.25 2k1p	EN2	S	F
	{1 x 50 on 1:10 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:30 PM 1,650 Yards - Stress Value = 32				

5:30 AM Start

Yards	Set Description	EGY
400	1 on 12:00 DS/Showers	REC
150	1 x 400 on 7:00 Swim-kick-pull-swim	REC
2,700	1x{2 x 225 on :45 Shooters	SP3
	{3 x 100 on 3:00 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle-all under 1:03	EN2
	{2 x 225 on 2:55 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle all under 1:04	EN2
	{2 x 225 on 2:50 Freestyle	EN2
	{3 x 100 on 1:15 Freestyle-all under 1:05	EN2
	{2 x 225 on 2:45 Freestyle	EN2
140	7 x 20 on 3:00 Timed Underwaters-B	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
7:00 AM 3,590 Yards - Stress Value = 74		

Workout #24505 - Monday, 07 October 2019

Group 3 - USRPT

1 minute rest between sets

Workout #24501 - Friday, 04 October 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
300	1 on 40:00 DS/Dryland	REC	L	DF
300	4 x 75 on 2:30 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
650	1x{1 x 50 on 1:30 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 2:15 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 3:00 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 2:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:29 PM 1,400 Yards - Stress Value = 29				

4:15 PM Start

Yards	Set Description	EGY
225	1 on 20:00 Spotlight/DSShowers	F
1,500	15 x 15 on :45 Racing Skills-Free Shooters	S
	30 x 50 on :50 200 Fly Pace*	S
	1 on 5:00 Video Evaluations 1+/1-	F
750	30 x 25 on :30 100 Back Pace	S
	1 on 5:00 Active Recovery	F
1,500	30 x 50 on :55 200 Breast Pace*	S
	start 200 breast set by 5:35	
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
600	30 x 20 on :25 100 Free Pace-Diving Well	S
6:32 PM 4,875 Yards - Stress Value = 450		

Workout #24502 - Friday, 04 October 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ST
300	1 on 40:00 DS/Dryland	REC	L	DF
300	4 x 75 on 2:30 SwimUSS	REC	D	CM
150	10 x 15 on :45 Shooters	SP3	S	F
500	1x{1 x 50 on 2:00 Breast L.25 2k1p	EN2	S	F
	{2 x 75 on 3:00 Breast L.25 2k1p	EN2	S	F
	{3 x 100 on 4:00 Breast L.25 2k1p	EN2	S	F
100	1 x 100 on 4:00 100 Breast OTB	SP2	S	F
200	1 x 200 on 4:00 Stroke Drills	REC	D	C
6:30 PM 1,250 Yards - Stress Value = 26				

Workout #24503 - Monday, 07 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
1	1 on 12:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3	
	1 on 5:00 Video Evaluations-	REC	
3,000	30 x 100 on 1:25 1650 Free Pace	SP2	
120	6 x 20 on 3:00 Timed Underwaters-S	SP2	
7:02 AM 3,345 Yards - Stress Value = 321			

Workout #24504 - Monday, 07 October 2019

Group 3 - Freestylers

1 minute rest between sets

Workout #24506 - Monday, 07 October 2019

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
600	1 on 25:00 Spotlight/DS/Showers	REC	
150	1 x 600 on 9:00 Swim-kick-pull-swim	REC	
	10 x 15 on :45 Shooters	SP3	
	Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick		
3,600	1x{4 x 150 on 1:50 Freestyle	EN2	
	{1 x 600 on 7:30 Freestyle	EN2	
	{4 x 125 on 1:30 Freestyle	EN2	
	{1 x 500 on 6:15 Freestyle	EN2	
	{4 x 100 on 1:10 Freestyle	EN2	
	{1 x 400 on 5:00 Freestyle	EN2	
	{4 x 75 on :50 Freestyle	EN2	
	{1 x 300 on 3:45 Freestyle	EN2	
750	1 x 750 on 10:00 Pulls-nbbf&w + 2 yds	EN1	
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	
	All BSLR, min 15m underwater		
1,200	1x{4 x 25 on :25 Kick no board BSLR	EN2	
	{2 x 100 on 1:25 Kick best effort	EN2	
	{4 x 25 on :25 Kick no board BSLR	EN2	
	{2 x 100 on 1:30 Kick best effort	EN3	
	{4 x 25 on :25 Kick no board BSLR	EN2	
	{2 x 100 on 1:35 Kick best effort	EN3	
	{4 x 25 on :25 Kick no board BSLR	EN2	
	{2 x 100 on 1:40 Kick best effort	EN3	
250	1 x 250 on 4:00 Stroke Drills	REC	
	6:29 PM 6,850 Yards - Stress Value = 140		

Workout #24507 - Monday, 07 October 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WC
4:15 PM	Start		
600	1 on 25:00 Spotlight/DS/Showers	REC	
150	1 x 600 on 9:00 Swim-kick-pull-swim	REC	
	10 x 15 on :45 Shooters	SP3	
	Last 25 of each repeat alt between 10 KOW +Exp BO and 6 beat kick		
3,300	1x{4 x 150 on 2:00 Freestyle	EN2	
	{1 x 600 on 8:00 Freestyle	EN2	
	{4 x 125 on 1:40 Freestyle	EN2	
	{1 x 500 on 6:40 Freestyle	EN2	
	{4 x 100 on 1:20 Freestyle	EN2	
	{1 x 400 on 5:20 Freestyle	EN2	
	{4 x 75 on 1:00 Freestyle	EN2	
700	1 x 700 on 10:00 Pulls-nbbf&w + 2 yds	EN1	
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	
	All BSLR, min 15m underwater		
1,200	1x{4 x 25 on :25 Kick no board BSLR	EN2	
	{2 x 100 on 1:25 Kick best effort	EN2	
	{4 x 25 on :25 Kick no board BSLR	EN2	
	{2 x 100 on 1:30 Kick best effort	EN3	
	{4 x 25 on :25 Kick no board BSLR	EN2	
	{2 x 100 on 1:35 Kick best effort	EN3	
	{4 x 25 on :25 Kick no board BSLR	EN2	
	{2 x 100 on 1:40 Kick best effort	EN3	

250 1 x 250 on 4:00 Stroke Drills REC
6:29 PM 6,500 Yards - Stress Value = 133

Workout #24508 - Monday, 07 October 2019

Group 2 - Back

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :30 Kick no board B
	{3 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :30 Kick no board B
	{2 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 100 on 1:20 Backstroke 3KOW+1
	{3 x 50 on :50 Back descend-min 5KOW
	{2 x 100 on 1:25 Backstroke 3KOW+1
	{3 x 50 on :50 Back descend-min 5KOW
	{3 x 100 on 1:30 Backstroke 3KOW+1
	{2 x 50 on :50 Back descend-min 5KOW
	{4 x 100 on 1:35 Backstroke 3KOW+1
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Game with fins
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,700 Yards - Stress Value = 123

Workout #24509 - Monday, 07 October 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :35 Kick no board B
	{3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
	{4 x 25 on :35 Kick no board B
	{1 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{1 x 100 on 1:30 Backstroke 3KOW+1
	{3 x 50 on :55 Back descend-min 5KOW
	{2 x 100 on 1:35 Backstroke 3KOW+1
	{3 x 50 on :55 Back descend-min 5KOW
	{3 x 100 on 1:40 Backstroke 3KOW+1
	{3 x 50 on :55 Back descend-min 5KOW
	{2 x 100 on 1:45 Backstroke 3KOW+1
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Game with fins
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 105

Workout #24510 - Monday, 07 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board B {2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks {2 x 25 on :40 Kick no board B {2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	1x{1 x 100 on 1:40 Backstroke 3KOW+1 {3 x 50 on 1:00 Back descend-min 5KOW {2 x 100 on 1:45 Backstroke 3KOW+1 {3 x 50 on 1:00 Back descend-min 5KOW {3 x 100 on 1:50 Backstroke 3KOW+1 {3 x 50 on 1:00 Back descend-min 5KOW {1 x 100 on 1:55 Backstroke 3KOW+1
550	22 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Game with fins
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,050 Yards - Stress Value = 95

Workout #24511 - Monday, 07 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board B {2 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks {4 x 25 on :40 Kick no board B {1 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{1 x 100 on 1:50 Backstroke 3KOW+1 {3 x 50 on 1:05 Back descend-min 5KOW {2 x 100 on 1:55 Backstroke 3KOW+1 {3 x 50 on 1:05 Back descend-min 5KOW {3 x 100 on 2:00 Backstroke 3KOW+1 {3 x 50 on 1:05 Back descend-min 5KOW
550	22 x 25 on :40 USRPT-100 Back Pace 1 on 10:00 Game with fins
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 92

Workout #24512 - Monday, 07 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :45 Kick no board B {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks {6 x 25 on :45 Kick no board B {1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 100 on 2:15 Backstroke 3KOW+1 {3 x 50 on 1:15 Back descend-min 5KOW {2 x 100 on 2:20 Backstroke 3KOW+1 {3 x 50 on 1:15 Back descend-min 5KOW

	{3 x 100 on 2:25 Backstroke 3KOW+1
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Game with fins
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 83

Workout #24513 - Monday, 07 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on 1:00 Kick no board B {1 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks {4 x 25 on 1:00 Kick no board B {1 x 50 on 1:45 Kick 25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{1 x 100 on 2:30 Backstroke 3KOW+1 {3 x 50 on 1:30 Back descend-min 5KOW {2 x 100 on 2:35 Backstroke 3KOW+1 {3 x 50 on 1:30 Back descend-min 5KOW {2 x 100 on 2:40 Backstroke 3KOW+1
375	15 x 25 on 1:00 USRPT-100 Back Pace 1 on 10:00 Game with fins
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,225 Yards - Stress Value = 67

Workout #24514 - Tuesday, 08 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 11:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	1x{10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace {1 on 1:00 Rest {10 x 50 on :55 400 IM Pace 1 on 10:00 Video Evaluations 2-
200	8 x 25 on 3:00 50 Free Pace
	6:59 AM 1,925 Yards - Stress Value = 174

Workout #24515 - Tuesday, 08 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 20:00 Spotlight/DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
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 Fly Pace	SP2
	1 on 5:00 Active Recovery	REC
	Start the 200 Free Set no later then 5:30	
1,500	30 x 50 on :50 200 Free Pace*	SP2
	1 on 5:00 Active Recovery	REC
600	30 x 20 on :30 100 Breast Pace	SP2
	1 on 10:00 Racing Skills-UW Racing	EN2
	6:36 PM 4,575 Yards - Stress Value = 444	

Workout #24516 - Tuesday, 08 October 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 25:00 Spotlight/DS>Showers
150	1 x 600 on 10:00 Top Hat Drill
570	1x{ Alt 20y Tmbstn Kick 15m under
	{ 3 x 40 on 1:00 Kick
	{ 3 x 40 on :55 Kick
	{ 3 x 40 on :50 Kick
	{ 3 x 40 on :45 Kick
	{ 3 x 30 on :40 Kick
1,500	12 x 125 on 1:40 Pull HB 2SOW+lupto8
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	Hold 110 or faster on all 100's
2,250	1x{1 x 100 on 1:20 Backstroke
	{ 6 x 25 on :30 Back 12yds under -1 kick
	{ 2 x 100 on 1:20 Backstroke
	{ 6 x 25 on :30 Back 12yds under -1 kick
	{ 3 x 100 on 1:20 Backstroke
	{ 6 x 25 on :30 Back 12yds under -1 kick
	{ 4 x 100 on 1:20 Backstroke
	{ 6 x 25 on :30 Back 12yds under -1 kick
	{ 5 x 100 on 1:20 Backstroke
200	{ 6 x 25 on :30 Back 12yds under -1 kick
	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Racing Skills-UW Racing
	6:31 PM 5,470 Yards - Stress Value = 83

Workout #24517 - Tuesday, 08 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 25:00 Spotlight/DS>Showers
150	1 x 600 on 10:00 Top Hat Drill
570	1x{ Alt 20y Tmbstn Kick 15m under
	{ 3 x 40 on 1:00 Kick
	{ 3 x 40 on :55 Kick
	{ 3 x 40 on :50 Kick
	{ 3 x 40 on :45 Kick
	{ 3 x 30 on :40 Kick
1,250	10 x 125 on 1:55 Pull HB 2SOW+lupto8
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
	Hold 116 or faster on all 100's
2,100	1x{1 x 100 on 1:30 Backstroke
	{ 6 x 25 on :30 Back 12yds under -1 kick
	{ 2 x 100 on 1:30 Backstroke
	{ 6 x 25 on :30 Back 12yds under -1 kick
	{ 3 x 100 on 1:30 Backstroke
	{ 6 x 25 on :30 Back 12yds under -1 kick
	{ 4 x 100 on 1:30 Backstroke
	{ 6 x 25 on :30 Back 12yds under -1 kick
	{ 5 x 100 on 1:30 Backstroke
200	{ 6 x 25 on :30 Back 12yds under -1 kick
	1 x 200 on 3:00 Stroke Drills
	1 on 10:00 Racing Skills-UW Racing
	6:31 PM 5,070 Yards - Stress Value = 75

Workout #24518 - Tuesday, 08 October 2019

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland

450	1 x 450 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{1 x 100 on 1:50 Free Kick w/board
	{ 2 x 100 on 1:55 Free Kick w/board
	{ 3 x 100 on 2:00 Free Kick w/board
	{ 1 x 100 on 2:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	15 x 100 on 1:30 Free descend in sets of 3
	Each set of three descends
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,850 Yards - Stress Value = 125

Workout #24519 - Tuesday, 08 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 1:55 Free Kick w/board
	{ 2 x 100 on 2:00 Free Kick w/board
	{ 3 x 100 on 2:05 Free Kick w/board
	{ 1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	13 x 100 on 1:40 Free descend in sets of 3
	Each set of three descends
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,550 Yards - Stress Value = 120

Workout #24520 - Tuesday, 08 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 2:05 Free Kick w/board
	{ 2 x 100 on 2:10 Free Kick w/board
	{ 3 x 100 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	12 x 100 on 1:50 Free descend in sets of 3
	Each set of three descends
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 104

Workout #24521 - Tuesday, 08 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
550	1x{1 x 100 on 2:20 Free Kick w/board { 2 x 100 on 2:25 Free Kick w/board { 2 x 100 on 2:30 Free Kick w/board { 1 x 50 on 1:20 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	11 x 100 on 2:00 Free descend in sets of 3 Each set of three descends
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,950 Yards - Stress Value = 94

Workout #24522 - Tuesday, 08 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 2:40 Free Kick w/board { 2 x 100 on 2:45 Free Kick w/board { 2 x 100 on 2:50 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	9 x 100 on 2:20 Free descend in sets of 3 Each set of three descends
500	20 x 25 on :45 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,650 Yards - Stress Value = 84

Workout #24523 - Tuesday, 08 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 3:00 Free Kick w/board { 2 x 100 on 3:05 Free Kick w/board { 1 x 50 on 1:40 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	6 x 100 on 3:45 Free descend in sets of 3 Each set of three descends
375	15 x 25 on 1:00 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:28 PM 2,025 Yards - Stress Value = 63

Workout #24524 - Wednesday, 09 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

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

	1 on 11:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3
	1 on 8:00 Racing Skills-Lane Line Survivor	EN1
2,250	30 x 75 on 1:10 1000 Free Pace	SP2
160	8 x 20 on 3:00 Timed Underwaters-B	SP2
	7:02 AM 2,635 Yards - Stress Value = 250	

Workout #24525 - Wednesday, 09 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	=====
	1 on 20:00 Spotlight/DSShowers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SF
1,500	30 x 50 on :55 200 Breast Pace*	SF
	1 on 5:00 Video Evaluations 1+/1-	RE
750	30 x 25 on :30 100 Free Pace	SF
	1 on 5:00 Active Recovery	RE
	200 Fly sets starts no later then 5:35	
1,000	40 x 25 on :30 200 Fly Pace*	SF
	1 on 5:00 Active Recovery	RE
600	30 x 20 on :30 100 Back Pace-Diving Well	SF
	1 on 10:00 Tic Tac Toe Relay	EN
	6:34 PM 4,075 Yards - Stress Value = 394	

Workout #24526 - Wednesday, 09 October 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 Spotlight/DS/Showers
500	20 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
2,400	4x{1 x 125 on 1:40 Butterfly { 1 x 100 on 1:20 Butterfly { 1 x 75 on 1:00 Butterfly { 1 x 50 on :40 Butterfly { 1 x 25 on :25 Fly-whole stroke lup 2down { 1 x 25 on :45 Sculling drills { 1 x 200 on 5:10 Broken IM 10-20-30 sec rest/ { Alt 25 whole stroke/drill with the followir { 1st set 2-3, 2nd set 2-4, 3rd set 2-5(All M { 4th set whole stroke
1,350	1x{8 x 25 on :25 Kick no board BBSSLLRR { 3 x 100 on 1:35 Kick { 6 x 25 on :25 Kick no board BSLR +2 wkst { 3 x 100 on 1:35 Kick { 4 x 25 on :25 Kick no board BSLR { 3 x 100 on 1:35 Kick
800	2x{1 x 100 on 1:10 Lungbuster pulls { 1 x 100 on 1:15 Lungbuster pulls { 1 x 100 on 1:20 Lungbuster pulls { 1 x 100 on 1:25 Lungbuster pulls { Breathe 3-5-7 continuous 1 on 10:00 Tic Tac Toe Relay
	6:28 PM 5,200 Yards - Stress Value = 141

Workout #24527 - Wednesday, 09 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
500	1 on 25:00 Spotlight/DS/Showers
150	20 x 25 on :30 Wednesday Warm-up
2,400	10 x 15 on :45 Shooters
4x{	1 x 125 on 1:45 Butterfly
	{ 1 x 100 on 1:25 Butterfly
	{ 1 x 75 on 1:05 Butterfly
	{ 1 x 50 on :45 Butterfly
	{ 1 x 50 on :45 25 Fly 1u2d/25 Free
	{ 1 x 200 on 5:10 Broken IM 10-20-30 sec rest/
	{ Alt 25 whole stroke/drill with the followir
	{ 1st set 2-3, 2nd set 2-4, 3rd set 2-5(All M
	{ 4th set whole stroke
1,250	1x{8 x 25 on :25 Kick no board BSSLLRR
	{ 3 x 100 on 1:45 Kick
	{ 6 x 25 on :25 Kick no board BSLR +2 wkst
	{ 3 x 100 on 1:45 Kick
	{ 4 x 25 on :25 Kick no board BSLR
	{ 2 x 100 on 1:45 Kick
700	2x{1 x 100 on 1:20 Lungbuster pulls
	{ 1 x 100 on 1:25 Lungbuster pulls
	{ 1 x 100 on 1:30 Lungbuster pulls
	{ 1 x 50 on :45 Lungbuster pulls
	{ Breathe 3-5-7 continuous
	1 on 10:00 Tic Tac Toe Relay
6:28 PM	5,000 Yards - Stress Value = 140

550	{8 x 25 on :35 Breast 2X Pullouts
250	{3 x 100 on 2:00 Breast L.25 2k1p
	{2 x 75 on 1:30 Breast L.25 2k1p
	22 x 25 on :40 USRPT-100 Breast Pace
	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,425 Yards - Stress Value = 101

Workout #24530 - Wednesday, 09 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
325	1 on 30:00 DS/Dryland
150	13 x 25 on :40 Wednesday Warm-up
800	10 x 15 on :45 Shooters
100	8 x 100 on 2:20 Breast Kick-odds fast
1,050	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1x{1 x 50 on 1:10 Breast L.25 2k1p
	{ 2 x 75 on 1:40 Breast L.25 2k1p
	{ 3 x 100 on 2:20 Breast L.25 2k1p
	{ 8 x 25 on :40 Breast 2X Pullouts
	{ 2 x 100 on 2:15 Breast L.25 2k1p
	{ 2 x 75 on 1:35 Breast L.25 2k1p
500	20 x 25 on :45 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,175 Yards - Stress Value = 93

Workout #24531 - Wednesday, 09 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
325	1 on 30:00 DS/Dryland
150	13 x 25 on :40 Wednesday Warm-up
750	10 x 15 on :45 Shooters
100	1x{7 x 100 on 2:30 Breast Kick-odds fast
	{ 1 x 50 on 1:15 Breast Kick-100%
1,000	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	1x{1 x 50 on 1:15 Breast L.25 2k1p
	{ 2 x 75 on 1:50 Breast L.25 2k1p
	{ 3 x 100 on 2:25 Breast L.25 2k1p
	{ 6 x 25 on :45 Breast 2X Pullouts
	{ 2 x 100 on 2:20 Breast L.25 2k1p
	{ 2 x 75 on 1:45 Breast L.25 2k1p
450	18 x 25 on :50 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,025 Yards - Stress Value = 86

Workout #24529 - Wednesday, 09 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
375	1 on 30:00 DS/Dryland
150	15 x 25 on :35 Wednesday Warm-up
850	10 x 15 on :45 Shooters
	1x{8 x 100 on 2:10 Breast Kick-odds fast
	{ 1 x 50 on 1:05 Breast Kick-100%
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 50 on 1:05 Breast L.25 2k1p
	{ 2 x 75 on 1:35 Breast L.25 2k1p
	{ 3 x 100 on 2:05 Breast L.25 2k1p

Workout #24532 - Wednesday, 09 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 300 1 on 30:00 DS/Dryland
 150 12 x 25 on :45 Wednesday Warm-up
 650 10 x 15 on :45 Shooters
 100 1x{6 x 100 on 2:45 Breast Kick-odds fast
 { 1 x 50 on 2:00 Breast Kick-fast
 { Evens-underwaters, count kicks
 800 1x{1 x 50 on 1:30 Breast L.25 2k1p
 { 2 x 75 on 2:15 Breast L.25 2k1p
 { 3 x 100 on 3:00 Breast L.25 2k1p
 { 6 x 25 on :45 Breast 2X Pullouts
 { 1 x 100 on 2:55 Breast L.25 2k1p
 { 1 x 50 on 1:25 Breast L.25 2k1p
 450 18 x 25 on :50 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 2,700 Yards - Stress Value = 80

Workout #24533 - Wednesday, 09 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 225 1 on 30:00 DS/Dryland
 150 9 x 25 on 1:00 Wednesday Warm-up
 600 10 x 15 on :45 Shooters
 100 1x{6 x 100 on 3:00 Breast Kick-odds fast
 { Evens-underwaters, count kicks
 625 1x{1 x 50 on 2:00 Breast L.25 2k1p
 { 2 x 75 on 3:00 Breast L.25 2k1p
 { 3 x 100 on 4:00 Breast L.25 2k1p
 { 5 x 25 on 1:00 Breast 2X Pullouts
 750 15 x 50 on 1:00 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 2,700 Yards - Stress Value = 105

Workout #24534 - Thursday, 10 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 225 1 on 11:00 DS/Showers
 1,500 15 x 15 on :45 Racing Skills-Crossover Turns
 1x{10 x 50 on :55 200 IM Pace
 { 1 on 1:00 Rest
 { 10 x 50 on :55 200 IM Pace
 { 1 on 1:00 Rest
 { 10 x 50 on :55 200 IM Pace
 625 1 on 10:00 Video Evaluations 2-
 80 25 x 25 on :30 Your #2-100
 4 x 20 on 3:00 Timed Underwaters
 7:01 AM 2,430 Yards - Stress Value = 224

Workout #24535 - Thursday, 10 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 20:00 Spotlight/DS/Showers REC
 225 15 x 15 on :45 Racing Skills-Back Shooters SP3
 1,500 30 x 50 on :50 200 Free Pace* SP2

1 on 5:00 Your Choice Recovery REC
 600 30 x 20 on :30 100 Breast Pace* SP2
 1 on 5:00 Your Choice Recovery REC
 200 Back set start by 5:35
 1,500 30 x 50 on :50 200 Back Pace* SP2
 1 on 5:00 Your Choice Recovery REC
 600 30 x 20 on :25 100 Fly Pace-Diving Well* SP2
 All sets individualized rest. Non best set 5:00
 set 7:00 rest, make 24 in a row or finish set
 6:23 PM 4,425 Yards - Stress Value = 429

Workout #24536 - Thursday, 10 October 2019

Group 2 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 450 1 on 30:00 DS/Dryland
 150 1 x 450 on 7:00 Free 3KOW to 10 back to 3
 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Fly
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT 100 Fly Pace
 700 1x{4 x 25 on :30 Kick no board BSLR
 { 1 x 150 on 3:00 Fly Kick w/board
 { 4 x 25 on :30 Kick no board BSLR
 { 2 x 125 on 2:25 Fly Kick w/board
 { 4 x 25 on :30 Kick no board BSLR
 1 on 10:00 Racing Skills-Fly Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 95

Workout #24537 - Thursday, 10 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 400 1 on 30:00 DS/Dryland
 150 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-Fly
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT 100 Fly Pace
 600 1x{4 x 25 on :35 Kick no board BSLR
 { 1 x 150 on 3:15 Fly Kick w/board
 { 4 x 25 on :35 Kick no board BSLR
 { 2 x 100 on 2:00 Fly Kick w/board
 { 2 x 25 on :35 Kick no board BSLR
 1 on 10:00 Racing Skills-Fly Finishes
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,200 Yards - Stress Value = 93

Workout #24538 - Thursday, 10 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Fly Pace
550	1x{4 x 25 on :40 Kick no board BSLR {1 x 150 on 3:35 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR {2 x 100 on 2:25 Fly Kick w/board
	1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 72

Workout #24539 - Thursday, 10 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT 100 Fly Pace
500	1x{4 x 25 on :40 Kick no board BSLR {1 x 150 on 3:55 Fly Kick w/board {2 x 25 on :40 Kick no board BSLR {2 x 100 on 2:35 Fly Kick w/board
	1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,800 Yards - Stress Value = 66

Workout #24540 - Thursday, 10 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
450	18 x 25 on :50 USRPT 100 Fly Pace
450	1x{4 x 25 on :45 Kick no board BSLR {1 x 150 on 4:30 Fly Kick w/board {4 x 25 on :45 Kick no board BSLR {1 x 100 on 3:00 Fly Kick w/board
	1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,650 Yards - Stress Value = 60

Workout #24541 - Thursday, 10 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

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

250	1 x 250 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT 100 Fly Pace
350	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 4:00 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 50 on 2:00 Fly Kick w/board
	1 on 10:00 Racing Skills-Fly Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,425 Yards - Stress Value = 51

Workout #24542 - Thursday, 10 October 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description
=====	=====
	1 on 25:00 Spotlight/DS/Showers
600	1 x 600 on 9:00 Underwater trn drill Odd 100's even 100's back
150	10 x 15 on :45 Shooters
1,600	1x{1 x 100 on 1:25 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {2 x 100 on 1:25 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {3 x 100 on 1:25 Kick your best kick {2 x 50 on 1:00 Kick your 2nd best kick {2 x 50 on 1:05 Kick your 3rd best kick {4 x 100 on 1:25 Kick your best kick
900	1x{6 x 50 on :40 Pulls {6 x 50 on :45 Pulls {6 x 50 on :50 Pulls { Break Outs in sets of 2 (shoulders/hips/kne
200	4x{1 x 25 on :50 Sculling drills {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,400	1x{6 x 125 on 1:55 100 Breast 25 Free {4 x 25 on :30 Breast Drill {6 x 100 on 1:30 75 Breast 25 Free {4 x 25 on :30 Breast Drill {6 x 75 on 1:05 50 Breast 25 Free {4 x 25 on :30 Breast Drill {6 x 50 on :40 25 Breast 25 Free
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 6,050 Yards - Stress Value = 57

Workout #24543 - Thursday, 10 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 25:00 Spotlight/DS>Showers
150	1 x 600 on 9:00 Underwater trn drill Odd 100's even 100's back
1,500	10 x 15 on :45 Shooters
1x{	1 x 100 on 1:35 Kick your best kick
	{ 2 x 50 on 1:00 Kick your 2nd best kick
	{ 2 x 50 on 1:05 Kick your 3rd best kick
	{ 2 x 100 on 1:35 Kick your best kick
	{ 2 x 50 on 1:00 Kick your 2nd best kick
	{ 2 x 50 on 1:05 Kick your 3rd best kick
	{ 3 x 100 on 1:35 Kick your best kick
	{ 2 x 50 on 1:00 Kick your 2nd best kick
	{ 2 x 50 on 1:05 Kick your 3rd best kick
	{ 3 x 100 on 1:35 Kick your best kick
800	1x{6 x 50 on :45 Pulls
	{ 6 x 50 on :50 Pulls
	{ 4 x 50 on :55 Pulls
	{ Break Outs in sets of 2 (shoulders/hips/kne
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{6 x 125 on 2:05 100 Breast 25 Free
	{ 4 x 25 on :30 Breast Drill
	{ 6 x 100 on 1:40 75 Breast 25 Free
	{ 4 x 25 on :30 Breast Drill
	{ 6 x 75 on 1:10 50 Breast 25 Free
	{ 4 x 25 on :30 Breast Drill
	{ 2 x 50 on :45 25 Breast 25 Free
200	1 x 200 on 3:00 Stroke Drills
	6:30 PM 5,650 Yards - Stress Value = 53

Workout #24544 - Friday, 11 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
225	1 on 20:00 Spotlight/DS>Showers	RE
600	15 x 15 on :45 Racing Skills-Crossover Turns	SE
600	30 x 20 on :30 100 Back Pace*	SE
600	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Fly Pace*	SE
600	1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Free Pace*	SE
	5:45 PM 2,025 Yards - Stress Value = 189	

Workout #24545 - Friday, 11 October 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 12:00 DS>Showers
180	1 x 600 on 10:00 Reverse IM drill
900	12 x 15 on :45 Start/Shooter/Finish
1x{	16 x 25 on :25 Kick no board 4B4S4L4R
	{ 1 x 125 on 2:00 Kick
	{ 1 x 125 on 1:55 Kick
	{ 1 x 125 on 1:50 Kick
	{ 1 x 125 on 1:45 Kick
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,200	1x{1 x 400 on 5:20 Individual Medley
	{ 3 x 100 on 1:10 Freestyle
	{ 1 x 300 on 3:50 Individual Medley
	{ 3 x 100 on 1:20 Backstroke
	{ 1 x 200 on 2:30 Individual Medley

	{ 3 x 100 on 1:30 Breaststroke
	{ 1 x 100 on 1:15 Individual Medley
	{ 3 x 100 on 1:20 Butterfly
250	1 x 250 on 4:00 Stroke Drills
	5:45 PM 4,330 Yards - Stress Value = 59

Workout #24546 - Friday, 11 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description
600	1 on 12:00 DS>Showers
180	1 x 600 on 10:00 Reverse IM drill
900	12 x 15 on :45 Start/Shooter/Finish
1x{	16 x 25 on :25 Kick no board 4B4S4L4R
	{ 1 x 125 on 2:10 Kick
	{ 1 x 125 on 2:05 Kick
	{ 1 x 125 on 2:00 Kick
	{ 1 x 125 on 1:55 Kick
200	4x{1 x 25 on :50 Sculling drills
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
2,000	1x{1 x 400 on 5:40 Individual Medley
	{ 3 x 100 on 1:15 Freestyle
	{ 1 x 300 on 4:15 Individual Medley
	{ 3 x 100 on 1:25 Backstroke
	{ 1 x 200 on 2:45 Individual Medley
	{ 2 x 100 on 1:35 Breaststroke
	{ 1 x 100 on 1:20 Individual Medley
	{ 2 x 100 on 1:25 Butterfly
250	1 x 250 on 4:00 Stroke Drills
	5:44 PM 4,130 Yards - Stress Value = 56

Workout #24547 - Friday, 11 October 2019

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK
500	1 on 40:00 DS/Dryland	REC	I
	4 x 125 on 2:15 SwimUSS	REC	I
	50Swim-25Undwtr-25scull-25IMO		
180	12 x 15 on :45 Start/Shooter/Finish	SP3	S
1,400	1x{1 x 200 on 3:10 Individual Medley	EN2	S
	{ 6 x 25 on :30 Fly lup2down	EN2	S
	{ 1 x 200 on 3:05 Individual Medley	EN2	S
	{ 6 x 25 on :30 Back 5KOW+1	EN2	S
	{ 1 x 200 on 3:00 Individual Medley	EN2	S
	{ 6 x 25 on :30 Breast 2K1P	EN2	S
	{ 1 x 200 on 2:55 Individual Medley	EN2	S
	{ 6 x 25 on :30 Free 6BK	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	I
	6:30 PM 2,280 Yards - Stress Value = 35		

Workout #24548 - Friday, 11 October 2019

Group 2 - Gold

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 5:00 PM and total stress value 33.

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 6:29 PM and total stress value 25.

Workout #24552 - Friday, 11 October 2019

Group 2 - Copper

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 5:00 PM and total stress value 33.

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 6:29 PM and total stress value 22.

Workout #24549 - Friday, 11 October 2019

Group 2 - Silver

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 5:00 PM and total stress value 31.

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 6:29 PM and total stress value 22.

Workout #24553 - Monday, 14 October 2019

Group 3 - USRPT

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 5:30 AM and total stress value 317.

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 7:02 AM and total stress value 317.

Workout #24550 - Friday, 11 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 5:00 PM and total stress value 29.

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 5:30 AM and total stress value 66.

Workout #24551 - Friday, 11 October 2019

Group 2 - Bronze

1 minute rest between sets

Table with columns: Yards, Set Description, EGY, WORK. Includes start time 5:00 PM.

Workout #24555 - Monday, 14 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 20:00 Spotlight/DS/Showers
 225 15 x 15 on :45 Racing Skills-Back Shooters
 750 30 x 25 on :30 100 Free Pace
 1 on 5:00 Video Evaluations 1+/1-
 1,500 30 x 50 on :50 200 Fly Pace
 1 on 5:00 Active Recovery
 1,500 30 x 50 on :50 200 Back Pace
 300 1x{8 x 15 on :25 Undr Wtr Fly Kck
 {1 on :30 Rest
 {6 x 15 on :20 Undr Wtr Fly Kck
 {1 on :30 Rest
 {4 x 15 on :15 Undr Wtr Fly Kck
 {1 on :30 Rest
 {2 x 15 on :10 Undr Wtr Fly Kck
 600 30 x 20 on :30 100 Breast Pace
 6:31 PM 4,875 Yards - Stress Value = 450

{2 x 150 on 2:10 Pulls-no br L.12/25 yds
 {2 x 100 on 1:30 Pulls-no br L.12/25 yds
 {2 x 100 on 1:25 Pulls-no br L.12/25 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,375 5x{1 x 375 on 5:00 Freestyle
 {1 x 100 on 1:30 Freestyle
 Each round 400 drops 5 seconds
 400 8 x 50 on 1:00 Stroke Drills
 6:29 PM 6,175 Yards - Stress Value = 125

Workout #24558 - Monday, 14 October 2019

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Streamline Kick on back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Breast Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 3:10 Individual Medley
 {6 x 25 on :30 Fly lup2down
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :30 Back 5KOW+1
 {1 x 200 on 3:00 Individual Medley
 {6 x 25 on :30 Breast 2K1P
 {1 x 200 on 2:55 Individual Medley
 750 30 x 25 on :30 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,550 Yards - Stress Value = 120

Workout #24556 - Monday, 14 October 2019

Group 3 - Freestylers

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 600 1 x 600 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,500 1x{4 x 25 on :25 Kick no board BSLR
 {1 x 150 on 2:15 Kick
 {4 x 25 on :25 Kick no board BSLR
 {2 x 125 on 1:55 Kick
 {4 x 25 on :25 Kick no board BSLR
 {3 x 100 on 1:30 Kick
 {4 x 25 on :25 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {4 x 25 on :25 Kick no board BSLR
 1,200 1x{2 x 150 on 2:00 Pulls-no br L.12/25 yds
 {2 x 150 on 1:55 Pulls-no br L.12/25 yds
 {2 x 150 on 1:50 Pulls-no br L.12/25 yds
 {2 x 150 on 1:45 Pulls-no br L.12/25 yds
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 5x{1 x 400 on 5:00 Freestyle
 {1 x 100 on 1:30 Freestyle
 Each round 400 drops 5 seconds
 400 8 x 50 on 1:00 Stroke Drills
 6:29 PM 6,550 Yards - Stress Value = 132

Workout #24559 - Monday, 14 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Streamline Kick on back
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 3:20 Individual Medley
 {4 x 25 on :35 Fly lup2down
 {1 x 200 on 3:15 Individual Medley
 {4 x 25 on :35 Back 5KOW+1
 {1 x 200 on 3:10 Individual Medley
 {6 x 25 on :35 Breast 2K1P
 {1 x 200 on 3:05 Individual Medley
 {2 x 25 on :30 Free 6BK
 625 25 x 25 on :35 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 104

Workout #24557 - Monday, 14 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 600 1 x 600 on 9:00 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 1,450 1x{4 x 25 on :25 Kick no board BSLR
 {1 x 150 on 2:25 Kick
 {4 x 25 on :25 Kick no board BSLR
 {2 x 125 on 2:00 Kick
 {4 x 25 on :25 Kick no board BSLR
 {3 x 100 on 1:35 Kick
 {4 x 25 on :25 Kick no board BSLR
 {4 x 75 on 1:10 Kick
 {2 x 25 on :25 Kick no board BS
 1,000 1x{2 x 150 on 2:15 Pulls-no br L.12/25 yds

Workout #24560 - Monday, 14 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on back
 {2 x 25 on :40 Kick no board BS
 {1 x 100 on 2:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 200 on 3:40 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:35 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 150 on 2:35 IM w/out the free
 550 22 x 25 on :40 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 93

Workout #24561 - Monday, 14 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on back
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,025 1x{1 x 200 on 3:55 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:50 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:45 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 100 on 1:50 Individual Medley
 {1 x 25 on :40 Free 6BK
 500 20 x 25 on :45 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,775 Yards - Stress Value = 86

Workout #24562 - Monday, 14 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Meters Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 400 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Streamline Kick on back

{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 5:00 Individual Medley
 {2 x 25 on :45 Fly lup2down
 {1 x 200 on 4:55 Individual Medley
 {4 x 25 on :45 Back 5KOW+1
 {1 x 200 on 4:50 Individual Medley
 {2 x 25 on :45 Breast 2K1P
 375 15 x 25 on 1:00 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,275 Meters - Stress Value = 73

Workout #24563 - Monday, 14 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 2:00 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 100 on 3:45 Individual Medley
 {4 x 25 on 1:00 Fly lup2down
 {1 x 100 on 3:40 Individual Medley
 {4 x 25 on 1:00 Back 5KOW+1
 {1 x 100 on 3:35 Individual Medley
 {2 x 25 on 1:00 Breast 2K1P
 375 15 x 25 on 1:00 USRPT-Your #1 100 Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,925 Yards - Stress Value = 62

Workout #24564 - Tuesday, 15 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 11:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 1,500 1x{10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 400 IM Pace
 1 on 10:00 Video Evaluations 2-
 200 8 x 25 on 3:00 50 Free Pace
 6:59 AM 1,925 Yards - Stress Value = 174

Workout #24565 - Tuesday, 15 October 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
=====	=====	=====
1	on 20:00 Spotlight/DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Back Pace	SP2
1	on 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
1	on 5:00 Active Recovery	REC
1,500	30 x 50 on :50 200 Free Pace	SP2
1	on 5:00 Active Recovery	REC
600	30 x 20 on :25 100 Back Pace	SP2
1	on 10:00 Racing Skills-UW Racing	EN2
6:36 PM	4,575 Yards - Stress Value = 444	

Workout #24566 - Tuesday, 15 October 2019

Group 3 - Back

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
=====	=====	=====
1	on 25:00 Spotlight/DS/Showers	
600	1 x 600 on 10:00 Top Hat Drill	
150	10 x 15 on :45 Shooters	
500	5 x 100 on 1:45 Kick @ fastest interval	
1,120	2x{ Alt 20 Tombstone Kick 20 underwater	
	{ 2 x 40 on 1:10 Kick	
	{ 2 x 40 on 1:05 Kick	
	{ 2 x 40 on 1:00 Kick	
	{ 2 x 40 on :55 Kick	
	{ 2 x 40 on :50 Kick	
	{ 2 x 40 on :45 Kick	
	{ 2 x 40 on :40 Kick	
200	4x{ 1 x 25 on :50 Sculling drills	
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
100	1 x 100 on 3:00 Back for time from a push	
2,200	1x{ 3 x 150 on 2:10 Backstroke	
	{ 1 x 100 on 2:30 Backstroke w/in 5 secs	
	{ 3 x 150 on 2:05 Backstroke	
	{ 1 x 100 on 2:30 Backstroke w/in 4 secs	
	{ 3 x 150 on 2:00 Backstroke	
	{ 1 x 100 on 2:30 Backstroke w/in 3 secs	
	{ 3 x 150 on 1:55 Backstroke	
	{ 1 x 100 on 2:30 Backstroke afof	
300	6 x 50 on 1:00 Stroke Drills	
6:30 PM	5,170 Yards - Stress Value = 107	

Workout #24567 - Tuesday, 15 October 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EGY
4:15 PM	Start	
=====	=====	=====
1	on 25:00 Spotlight/DS/Showers	
600	1 x 600 on 10:00 Top Hat Drill	
150	10 x 15 on :45 Shooters	
500	5 x 100 on 1:45 Kick @ fastest interval	
1,120	2x{ Alt 20 Tombstone Kick 20 underwater	
	{ 2 x 40 on 1:10 Kick	
	{ 2 x 40 on 1:05 Kick	
	{ 2 x 40 on 1:00 Kick	
	{ 2 x 40 on :55 Kick	
	{ 2 x 40 on :50 Kick	
	{ 2 x 40 on :45 Kick	
	{ 2 x 40 on :40 Kick	
200	4x{ 1 x 25 on :50 Sculling drills	
	{ 1 x 25 on :40 12.5 ez 12.5 fast grt finishes	
100	1 x 100 on 3:00 Back for time from a push	
2,050	1x{ 3 x 150 on 2:20 Backstroke	

{ 1 x 100 on 2:30 Backstroke w/in 5 secs
{ 3 x 150 on 2:15 Backstroke
{ 1 x 100 on 2:30 Backstroke w/in 4 secs
{ 3 x 150 on 2:10 Backstroke
{ 1 x 100 on 2:30 Backstroke w/in 3 secs
{ 2 x 150 on 2:05 Backstroke
{ 1 x 100 on 2:30 Backstroke afof
6 x 50 on 1:00 Stroke Drills
6:30 PM 5,020 Yards - Stress Value = 104

Workout #24568 - Tuesday, 15 October 2019

Group 2 - Back

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
1	on 30:00 DS/Dryland	
400	1 x 400 on 7:00 Sun Yang Free w/snorkels	
150	10 x 15 on :45 Shooters	
700	1x{ 4 x 25 on :30 Kick no board B	
	{ 3 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks	
	{ 4 x 25 on :30 Kick no board B	
	{ 2 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks	
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,400	1x{ 1 x 100 on 1:20 Backstroke 3KOW+1	
	{ 3 x 50 on :50 Back descend-min 5KOW	
	{ 2 x 100 on 1:25 Backstroke 3KOW+1	
	{ 3 x 50 on :50 Back descend-min 5KOW	
	{ 3 x 100 on 1:30 Backstroke 3KOW+1	
	{ 2 x 50 on :50 Back descend-min 5KOW	
	{ 4 x 100 on 1:35 Backstroke 3KOW+1	
750	30 x 25 on :30 USRPT-100 Back Pace	
1	on 10:00 Racing Skills-Partner Back start	
200	1 x 200 on 4:00 Stroke Drills	
7:30 PM	3,700 Yards - Stress Value = 123	

Workout #24569 - Tuesday, 15 October 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY
5:30 PM	Start	
=====	=====	=====
1	on 30:00 DS/Dryland	
400	1 x 400 on 7:00 Sun Yang Free w/snorkels	
150	10 x 15 on :45 Shooters	
600	1x{ 4 x 25 on :35 Kick no board B	
	{ 3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks	
	{ 4 x 25 on :35 Kick no board B	
	{ 1 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks	
100	1x{ 4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,150	1x{ 1 x 100 on 1:40 Backstroke 3KOW+1	
	{ 3 x 50 on 1:00 Back descend-min 5KOW	
	{ 2 x 100 on 1:45 Backstroke 3KOW+1	
	{ 3 x 50 on 1:00 Back descend-min 5KOW	
	{ 3 x 100 on 1:50 Backstroke 3KOW+1	
	{ 3 x 50 on 1:00 Back descend-min 5KOW	
	{ 1 x 100 on 1:55 Backstroke 3KOW+1	
625	25 x 25 on :35 USRPT-100 Back Pace	
1	on 10:00 Racing Skills-Partner Back start	
200	1 x 200 on 4:00 Stroke Drills	
7:30 PM	3,225 Yards - Stress Value = 103	

Workout #24570 - Tuesday, 15 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on :40 Kick no board B { 2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks { 2 x 25 on :40 Kick no board B { 2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{1 x 100 on 1:50 Backstroke 3KOW+1 { 3 x 50 on 1:05 Back descend-min 5KOW { 2 x 100 on 1:55 Backstroke 3KOW+1 { 3 x 50 on 1:05 Back descend-min 5KOW { 3 x 100 on 2:00 Backstroke 3KOW+1 { 3 x 50 on 1:05 Back descend-min 5KOW
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Partner Back start
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,950 Yards - Stress Value = 93

Workout #24571 - Tuesday, 15 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on :40 Kick no board B { 2 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks { 4 x 25 on :40 Kick no board B { 1 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{1 x 100 on 2:00 Backstroke 3KOW+1 { 3 x 50 on 1:05 Back descend-min 5KOW { 2 x 100 on 2:05 Backstroke 3KOW+1 { 3 x 50 on 1:05 Back descend-min 5KOW { 3 x 100 on 2:10 Backstroke 3KOW+1 { 2 x 50 on 1:05 Back descend-min 5KOW
550	22 x 25 on :40 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Partner Back start
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 91

Workout #24572 - Tuesday, 15 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on :45 Kick no board B { 1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks { 6 x 25 on :45 Kick no board B { 1 x 100 on 3:00 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 100 on 2:15 Backstroke 3KOW+1 { 3 x 50 on 1:15 Back descend-min 5KOW { 2 x 100 on 2:20 Backstroke 3KOW+1 { 3 x 50 on 1:15 Back descend-min 5KOW { 3 x 100 on 2:25 Backstroke 3KOW+1

500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Partner Back start
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 83

Workout #24573 - Tuesday, 15 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
350	1x{4 x 25 on 1:00 Kick no board B { 1 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks { 4 x 25 on 1:00 Kick no board B { 1 x 50 on 1:45 Kick 25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
800	1x{1 x 100 on 2:30 Backstroke 3KOW+1 { 3 x 50 on 1:30 Back descend-min 5KOW { 2 x 100 on 2:35 Backstroke 3KOW+1 { 3 x 50 on 1:30 Back descend-min 5KOW { 2 x 100 on 2:40 Backstroke 3KOW+1
375	15 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Partner Back start
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,225 Yards - Stress Value = 67

Workout #24574 - Wednesday, 16 October 2019

Group 3 - USRPT

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 10:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 5:00 Video Evaluations 1+/1-	RE
1,500	30 x 50 on :50 200 Back Pace	SE
	1 on 10:00 Tic Tac Toe Relay	EM
1,000	40 x 25 on :30 200 Fly Pace	SE
	1 on 5:00 Active Recovery	RE
750	30 x 25 on :30 100 Free Pace	SE
	8:31 AM 4,225 Yards - Stress Value = 409	

Workout #24575 - Wednesday, 16 October 2019

Group 3 - Breast

1 minute rest between sets

6:30 AM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 16:00 DS/Showers	REC
500	20 x 25 on :30 Wednesday Warm-up	REC
	2-12, 4-13, 6-14, 8-15	
150	10 x 15 on :45 Shooters	SP3
2,000	1x{4 x 25 on :30 Kick no board BSLR-15 KOW	EN2
	{4 x 150 on 2:20 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR-14 KOW	EN2
	{3 x 150 on 2:15 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR 13 KOW	EN2
	{2 x 150 on 2:10 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR-12 KOW	EN2
	{1 x 150 on 2:05 Kick	EN2
	{4 x 25 on :30 Kick no board BSLR-11 KOW	EN2
	1 on 10:00 Tic Tac Toe Relay	EN2
1,950	1x{3 x 50 on :45 Breaststroke	EN2
	{4 x 125 on 1:55 Breast L.25 3X pullouts	EN2
	{3 x 50 on :50 Breaststroke	EN2
	{4 x 125 on 1:50 Breast L.25 3X pullouts	EN2
	{3 x 50 on :55 Breaststroke	EN2
	{4 x 125 on 1:45 Breast L.25 3X pullouts	EN2
50	1 x 50 on 1:00 Freestyle	REC
100	1 x 100 on 3:00 Breast OTB	SP1
200	1 x 200 on 3:00 Stroke Drills	REC
	8:30 AM 4,950 Yards - Stress Value = 93	

150	10 x 15 on :45 Shooters	
850	1x{1 x 50 on 1:05 Fly Kick w/board	
	{1 x 75 on 1:40 Fly Kick w/board	
	{1 x 100 on 2:10 Fly Kick w/board	
	{1 x 125 on 2:45 Fly Kick w/board	
	{1 x 150 on 3:15 Fly Kick w/board	
	{2 x 175 on 3:50 Fly Kick w/board	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,300	1x{2 x 100 on 1:40 75 Free 25 Fly w/free kick	
	{4 x 25 on :35 Fly 8/9/10/11 KOW	
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick	
	{4 x 25 on :35 Fly 9/10/11/12 KOW	
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick	
	{4 x 25 on :35 Fly 10/11/12/13 KOW	
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick	
	{4 x 25 on :35 Fly 11/12/13/14 KOW	
	{1 x 100 on 1:40 75 Free 25 Fly w/free kick	
625	25 x 25 on :35 USRPT 100 Fly Pace	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 3,600 Yards - Stress Value = 61	

Workout #24578 - Wednesday, 16 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up
150	10 x 15 on :45 Shooters
750	1x{1 x 50 on 1:15 Fly Kick w/board
	{1 x 75 on 1:55 Fly Kick w/board
	{1 x 100 on 2:30 Fly Kick w/board
	{1 x 125 on 3:05 Fly Kick w/board
	{1 x 150 on 3:45 Fly Kick w/board
	{1 x 175 on 4:25 Fly Kick w/board
	{1 x 75 on 1:55 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,175	1x{2 x 100 on 1:50 75 Free 25 Fly w/free kick
	{4 x 25 on :40 Fly 8/9/10/11 KOW
	{2 x 100 on 1:50 75 Free 25 Fly w/free kick
	{4 x 25 on :40 Fly 9/10/11/12 KOW
	{2 x 100 on 1:50 75 Free 25 Fly w/free kick
	{4 x 25 on :40 Fly 10/11/12/13 KOW
	{2 x 100 on 1:50 75 Free 25 Fly w/free kick
	{3 x 25 on :40 Fly 12/13/14 KOW
550	22 x 25 on :40 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,250 Yards - Stress Value = 57

Workout #24576 - Wednesday, 16 October 2019

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
925	1x{1 x 50 on 1:00 Fly Kick w/board
	{1 x 75 on 1:30 Fly Kick w/board
	{1 x 100 on 2:00 Fly Kick w/board
	{1 x 125 on 2:30 Fly Kick w/board
	{1 x 150 on 3:00 Fly Kick w/board
	{1 x 175 on 3:30 Fly Kick w/board
	{1 x 200 on 4:00 Fly Kick w/board
	{1 x 50 on 1:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	1x{2 x 100 on 1:30 75 Free 25 Fly w/free kick
	{4 x 25 on :30 Fly 8/9/10/11 KOW
	{2 x 100 on 1:30 75 Free 25 Fly w/free kick
	{4 x 25 on :30 Fly 9/10/11/12 KOW
	{2 x 100 on 1:30 75 Free 25 Fly w/free kick
	{4 x 25 on :30 Fly 10/11/12/13 KOW
	{2 x 100 on 1:30 75 Free 25 Fly w/free kick
	{4 x 25 on :30 Fly 11/12/13/14 KOW
	{2 x 100 on 1:30 75 Free 25 Fly w/free kick
	{4 x 25 on :30 Fly 12/13/14/15 KOW
750	30 x 25 on :30 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,075 Yards - Stress Value = 70

Workout #24577 - Wednesday, 16 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up

Workout #24579 - Wednesday, 16 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
700	1x{1 x 50 on 1:20 Fly Kick w/board {1 x 75 on 2:00 Fly Kick w/board {1 x 100 on 2:40 Fly Kick w/board {1 x 125 on 3:20 Fly Kick w/board {1 x 150 on 4:00 Fly Kick w/board {1 x 175 on 4:40 Fly Kick w/board {1 x 25 on :40 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{2 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 8/9/10/11 KOW {2 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 9/10/11/12 KOW {1 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 10/11/12/13 KOW {1 x 100 on 2:05 75 Free 25 Fly w/free kick {4 x 25 on :45 Fly 10/11/12/13/14/15 KOW
500	20 x 25 on :45 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,950 Yards - Stress Value = 50

Workout #24580 - Wednesday, 16 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
225	9 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{1 x 50 on 1:30 Fly Kick w/board {1 x 100 on 3:00 Fly Kick w/board {1 x 150 on 4:30 Fly Kick w/board {1 x 200 on 6:00 Fly Kick w/board {1 x 100 on 3:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
875	1x{2 x 100 on 2:30 75 Free 25 Fly w/free kick {4 x 25 on :50 Fly 8/9/10/11 KOW {1 x 100 on 2:30 75 Free 25 Fly w/free kick {4 x 25 on :50 Fly 8/9/10/11 KOW {1 x 100 on 2:30 75 Free 25 Fly w/free kick {4 x 25 on :50 Fly 8/9/10/11 KOW {1 x 100 on 2:30 75 Free 25 Fly w/free kick {3 x 25 on :50 Fly 8/9/10/ KOW
450	18 x 25 on :50 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,600 Yards - Stress Value = 45

Workout #24581 - Wednesday, 16 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
225	9 x 25 on 1:00 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{1 x 50 on 1:45 Fly Kick w/board {1 x 100 on 3:30 Fly Kick w/board {1 x 150 on 5:15 Fly Kick w/board {1 x 200 on 7:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills

	{ Evens-underwaters, count kicks
750	1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick {2 x 25 on 1:00 Fly 8/9 KOW {1 x 100 on 3:00 75 Free 25 Fly w/free kick {4 x 25 on 1:00 Fly 8/9/10/11 KOW {1 x 100 on 3:00 75 Free 25 Fly w/free kick {4 x 25 on 1:00 Fly 8/9/10/11 KOW {1 x 100 on 3:00 25 Free 25 Fly w/free kick {4 x 25 on 1:00 Fly 8/9/10/11 KOW
375	15 x 25 on 1:00 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,300 Yards - Stress Value = 39

Workout #24582 - Thursday, 17 October 2019

Group 3 - USRPT

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 20:00 Spotlight/DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 25 on :30 100 Fly Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
1,500	30 x 50 on :50 200 Free Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
1,500	30 x 50 on :55 200 Breast Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
600	30 x 20 on :25 100 Back Pace-Diving Well*	SP2
	All sets individualized rest. Non best set 5:00 set 7:00 rest, make 24 in a row or finish set	
	6:11 PM 4,575 Yards - Stress Value = 444	

Workout #24583 - Thursday, 17 October 2019

Group 3 - Fly

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY
=====	=====	=====
	1 on 25:00 Spotlight/DS/Shoulders	
600	1 x 600 on 10:00 Underwater trn drill	REC
150	10 x 15 on :45 Shooters	SP3
3,100	1x{4 x 100 on 1:30 4 strokes fly off walls EN2 {3 x 100 on 1:25 4 strokes fly off walls EN2 {2 x 100 on 1:20 4 strokes fly off walls EN2 {1 x 100 on 1:15 Butterfly EN2 {1 x 50 on 1:20 Freestyle REC {4 x 100 on 1:25 4 strokes fly off walls EN2 {3 x 100 on 1:20 4 strokes fly off walls EN2 {2 x 100 on 1:15 4 strokes fly off walls EN2 {1 x 100 on 1:10 Butterfly EN2 {1 x 50 on 1:15 Freestyle REC {4 x 100 on 1:20 4 strokes fly off walls EN2 {3 x 100 on 1:15 4 strokes fly off walls EN2 {2 x 100 on 1:10 4 strokes fly off walls EN2 {1 x 100 on 1:05 Butterfly EN2 {1 x 100 on 1:30 Freestyle REC	
100	1 x 100 on 1:30 Freestyle	REC
2,100	1x{1 x 200 on 3:05 Kick EN2 {6 x 25 on :30 Kick weak kick EN2 {2 x 175 on 2:40 Kick EN2 {6 x 25 on :30 Kick weak kick EN2 {3 x 150 on 2:15 Kick EN2 {6 x 25 on :30 Kick weak kick EN2 {4 x 125 on 1:50 Kick EN2 {6 x 25 on :30 Kick weak kick EN2	
400	8 x 50 on 1:00 Stroke Drills	REC
	6:16 PM 6,450 Yards - Stress Value = 108	

Workout #24584 - Thursday, 17 October 2019

Group 3 - Gold

1 minute rest between sets

4:00 PM Start
 Yards Set Description EGY
 =====
 1 on 25:00 Spotlight/DS/Shoulders
 600 1 x 600 on 10:00 Underwater trn drill REC
 150 10 x 15 on :45 Shooters SP3
 2,800 1x{4 x 100 on 1:40 4 strokes fly off walls EN2
 {3 x 100 on 1:35 4 strokes fly off walls EN2
 {2 x 75 on 1:10 4 strokes fly off walls EN2
 {1 x 50 on :45 Butterfly EN2
 {1 x 50 on 1:00 Freestyle REC
 {4 x 100 on 1:35 4 strokes fly off walls EN2
 {3 x 100 on 1:30 4 strokes fly off walls EN2
 {2 x 75 on 1:05 4 strokes fly off walls EN2
 {1 x 50 on :40 Butterfly EN2
 {1 x 50 on 1:05 Freestyle REC
 {4 x 100 on 1:30 4 strokes fly off walls EN2
 {3 x 100 on 1:25 4 strokes fly off walls EN2
 {2 x 75 on 1:00 4 strokes fly off walls EN2
 {1 x 50 on :30 Butterfly EN2
 100 1 x 100 on 1:30 Freestyle REC
 2,000 1x{1 x 200 on 3:15 Kick EN2
 {6 x 25 on :30 Kick weak kick EN2
 {2 x 175 on 2:50 Kick EN2
 {6 x 25 on :30 Kick weak kick EN2
 {3 x 150 on 2:25 Kick EN2
 {6 x 25 on :30 Kick weak kick EN2
 {4 x 125 on 2:00 Kick EN2
 {2 x 25 on :30 Kick weak kick EN2
 400 8 x 50 on 1:00 Stroke Drills REC
 6:16 PM 6,050 Yards - Stress Value = 100

Workout #24585 - Thursday, 17 October 2019

Group 2 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 100 1 on 23:00 TEACH DAY-BREASTSTROKE
 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Breast Pace
 700 7 x 100 on 2:00 Breast Kick-odds fast
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,225 Yards - Stress Value = 82

Workout #24586 - Thursday, 17 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 100 1 on 23:00 TEACH DAY-BREASTSTROKE
 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Breast Pace
 650 1x{6 x 100 on 2:10 Breast Kick-odds fast
 {1 x 50 on 1:00 Breast Kick-FAST
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,100 Yards - Stress Value = 74

Workout #24587 - Thursday, 17 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-BREASTSTROKE
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 500 20 x 25 on :45 USRPT-100 Breast Pace
 550 1x{5 x 100 on 2:30 Breast Kick-odds fast
 {1 x 50 on 1:15 Breast Kick-FAST
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 1,900 Yards - Stress Value = 67

Workout #24588 - Thursday, 17 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-BREASTSTROKE
 500 5 x 100 on 2:45 Breast Kick-odds fast
 450 18 x 25 on :50 USRPT-100 Breast Pace
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 1,800 Yards - Stress Value = 61

Workout #24589 - Thursday, 17 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-BREASTSTROKE
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 450 18 x 25 on :50 USRPT-100 Breast Pace
 450 1x{4 x 100 on 3:00 Breast Kick-odds fast
 {1 x 50 on 1:30 Breast Kick-FAST
 1 on 10:00 Racing Skills-Starts
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 1,700 Yards - Stress Value = 60

Workout #24590 - Thursday, 17 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
200	1 on 30:00 DS/Dryland
200	1 x 200 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
100	1 on 23:00 TEACH DAY-BREASTSTROKE
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	15 x 50 on 1:00 USRPT-100 Breast Pace
350	1x{3 x 100 on 4:00 Breast Kick-odds fast { 1 x 50 on 2:00 Breast Kick-FAST
250	1 on 10:00 Racing Skills-Starts
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	1,800 Yards - Stress Value = 88

150	10 x 15 on :45 Shooters
200	10x{1 on :30 Flutter Kick on Wall { 1 x 20 on 1:00 Flip on whistle underwater f { kick to other side { every line you don't make = 5 pushups
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,100	1x{5 x 100 on 1:23 Individual Medley { 1 x 50 on 1:00 Your #4 stroke-100% { 4 x 100 on 1:22 Individual Medley { 2 x 50 on 1:00 Your #3 stroke-100% { 3 x 100 on 1:21 Individual Medley { 3 x 50 on 1:00 Your #2-100% { 2 x 100 on 1:20 Individual Medley { 4 x 50 on 1:00 Your #1-100% { 1 x 100 on 1:19 Individual Medley { 2 x 50 on 1:00 Free-100%
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	3,300 Yards - Stress Value = 74

Workout #24591 - Friday, 18 October 2019

Group 3 - USRPT

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EC
1	on 20:00 Spotlight/DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SF
600	30 x 20 on :30 100 Back Pace*	SF
1	on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Fly Pace*	SF
1	on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Free Pace*	SF
5:30 PM	2,025 Yards - Stress Value = 189	

Workout #24594 - Friday, 18 October 2019

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

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

Workout #24592 - Friday, 18 October 2019

Group 3 - IM'ers

1 minute rest between sets

4:00 PM Start

Yards	Set Description
1	on 12:00 DS/Showers
400	1 x 400 on 7:00 Reverse IM drill
150	10 x 15 on :45 Shooters
200	10x{1 on :30 Flutter Kick on Wall { 1 x 20 on 1:00 Flip on whistle underwater f { kick to other side { every line you don't make = 5 pushups
200	4x{1 x 25 on :50 Sculling drills { 1 x 25 on :40 12.5 ez 12.5 fast grt finishe
2,250	1x{5 x 100 on 1:13 Individual Medley { 1 x 50 on 1:00 Your #4 stroke-100% { 4 x 100 on 1:12 Individual Medley { 2 x 50 on 1:00 Your #3 stroke-100% { 3 x 100 on 1:11 Individual Medley { 3 x 50 on 1:00 Your #2-100% { 2 x 100 on 1:10 Individual Medley { 4 x 50 on 1:00 Your #1-100% { 1 x 100 on 1:09 Individual Medley { 5 x 50 on 1:00 Free-100%
250	1 x 250 on 4:00 Stroke Drills
5:30 PM	3,450 Yards - Stress Value = 77

Workout #24595 - Friday, 18 October 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

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

Workout #24596 - Friday, 18 October 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

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

Workout #24593 - Friday, 18 October 2019

Group 3 - Gold

1 minute rest between sets

4:00 PM Start

Yards	Set Description
1	on 12:00 DS/Showers
400	1 x 400 on 7:00 Reverse IM drill

Workout #24597 - Friday, 18 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM Start				
1	on 40:00 DS/Dryland	REC	L I	
400	4 x 100 on 2:30 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,200	8 x 150 on 3:10 Descend in sets of 3	EN2	S	
	Each set of 3 faster then previous set			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:30 PM 1,950 Yards - Stress Value = 30				

2,500	1x{1 x 200 on 2:20 Freestyle	EN2	ε	
	{4 x 50 on :35 Free-HB2SOWor5KOW	EN2	ε	
	{2 x 175 on 2:00 Freestyle	EN2	ε	
	{3 x 50 on :35 Free-HB2SOWor5KOW	EN2	ε	
	{3 x 150 on 1:40 Freestyle	EN2	ε	
	{2 x 50 on :35 Free-HB2SOWor5KOW	EN2	ε	
	{4 x 125 on 1:25 Freestyle	EN2	ε	
	{1 x 50 on :35 Free-HB2SOWor5KOW	EN2	ε	
	{5 x 100 on 1:10 Freestyle	EN2	ε	
160	8 x 20 on 3:00 Timed Underwaters-B	EN2	F	
250	1 x 250 on 5:00 Stroke Drills	REC	I	
6:59 AM 3,460 Yards - Stress Value = 59				

Workout #24602 - Monday, 21 October 2019

Group 3 - USRPT

1 minute rest between sets

Workout #24598 - Friday, 18 October 2019

Group 2 - Bronze

1 minute rest between sets

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

Yards	Set Description	ε
4:15 PM Start		
	1 on 20:00 Spotlight/DS/Showers	F
225	15 x 15 on :45 Racing Skills-Back Shooters	ε
750	30 x 25 on :30 100 Fly Pace	ε
	1 on 5:00 Video Evaluations 1+/1-	F
1,500	30 x 50 on :50 200 Back Pace	ε
	1 on 5:00 Active Recovery	F
1,650	30 x 55 on :50 200 Breast Pace	ε
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
600	30 x 20 on :30 100 Free Pace	ε
6:31 PM 5,025 Yards - Stress Value = 465		

Workout #24599 - Friday, 18 October 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	ε
5:00 PM Start				
1	on 40:00 DS/Dryland	REC	L I	
300	4 x 75 on 2:30 SwimSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
900	6 x 150 on 4:00 Descend in sets of 3	EN2	S	
	Each set of 3 faster then previous set			
200	1 x 200 on 3:00 Stroke Drills	REC	D	
6:28 PM 1,550 Yards - Stress Value = 24				

Workout #24600 - Monday, 21 October 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF	ε
5:30 AM Start				
1	on 12:00 DS/Showers	REC		
225	15 x 15 on :45 Racing Skills-#1 Shooter	SP3		
3,000	30 x 100 on 1:25 1650 Free Pace	SP2		
120	6 x 20 on 3:00 Timed Underwaters-S	SP2		
	1 on 5:00 Video Evaluations-	REC		
7:02 AM 3,345 Yards - Stress Value = 321				

Workout #24601 - Monday, 21 October 2019

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WOF	ε
5:30 AM Start				
1	on 12:00 DS/Showers	REC	I	
400	1 x 400 on 7:00 Swim-kick-pull-swim	REC	ε	
150	10 x 15 on :45 Shooters	SP3	ε	

Workout #24603 - Monday, 21 October 2019

300 6 x 50 on 1:00 Stroke Drills RE
6:30 PM 6,200 Yards - Stress Value = 78

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EC
4:15 PM	Start	
=====	=====	==
	1 on 25:00 Spotlight/DS/Showers	RE
600	1 x 600 on 9:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
2,100	1x{1 x 600 on 7:00 Free Neg Split	EN
	{1 x 500 on 5:50 Free L.25 of each 100 6BK	EN
	{1 x 400 on 4:40 Free descend 100's	EN
	{1 x 300 on 3:30 Free SFBO SW/3KOBHW	EN
	{1 x 200 on 2:20 Free-build each 50	EN
	{1 x 100 on 1:10 Free-100%	EN
100	1 x 100 on 1:30 Freestyle	RE
1,800	1x{4 x 25 on :25 Kick no board BSLR	EN
	{1 x 250 on 3:55 Kick	EN
	{5 x 50 on 1:00 Kick-descend	EN
	{4 x 25 on :25 Kick no board BSLR	EN
	{1 x 200 on 3:05 Kick	EN
	{4 x 50 on 1:00 Kick-descend	EN
	{4 x 25 on :25 Kick no board BSLR	EN
	{1 x 150 on 2:15 Kick	EN
	{3 x 50 on 1:00 Kick-descend	EN
	{4 x 25 on :25 Kick no board BSLR	EN
	{1 x 100 on 1:25 Kick	EN
	{2 x 50 on 1:00 Kick-descend	EN
1,500	1x{1 x 100 on 1:15 Pulls	EN
	{4 x 50 on 1:00 Pulls-no br L.12 yds	EN
	{2 x 100 on 1:15 Pulls	EN
	{3 x 50 on :55 Pulls-no br L.13 yds	EN
	{3 x 100 on 1:15 Pulls	EN
	{2 x 50 on :50 Pulls-no br L.14 yds	EN
	{4 x 100 on 1:15 Pulls	EN
	{1 x 50 on :45 Pulls-no br L.15 yds	EN
300	6 x 50 on 1:00 Stroke Drills	RE
	6:30 PM 6,550 Yards - Stress Value = 82	

Workout #24604 - Monday, 21 October 2019

Group 3 - Gold

1 minute rest between sets

Yards	Set Description	EC
4:15 PM	Start	
=====	=====	==
	1 on 25:00 Spotlight/DS/Showers	RE
600	1 x 600 on 9:00 Swim-kick-pull-swim	RE
150	10 x 15 on :45 Shooters	SF
1,900	1x{1 x 600 on 8:00 Free Neg Split	EN
	{1 x 500 on 6:35 Free L.25 of each 100 6BK	EN
	{1 x 400 on 5:10 Free descend 100's	EN
	{1 x 300 on 3:50 Free SFBO SW/3KOBHW	EN
	{1 x 100 on 1:10 Free-100%	EN
100	1 x 100 on 1:30 Freestyle	RE
1,750	1x{4 x 25 on :25 Kick no board BSLR	EN
	{1 x 250 on 4:10 Kick	EN
	{5 x 50 on 1:00 Kick-descend	EN
	{4 x 25 on :25 Kick no board BSLR	EN
	{1 x 200 on 3:15 Kick	EN
	{4 x 50 on 1:00 Kick-descend	EN
	{4 x 25 on :25 Kick no board BSLR	EN
	{1 x 150 on 2:25 Kick	EN
	{3 x 50 on 1:00 Kick-descend	EN
	{4 x 25 on :25 Kick no board BSLR	EN
	{1 x 100 on 1:35 Kick	EN
	{1 x 50 on 1:00 Kick-fast!	EN
1,400	1x{1 x 100 on 1:25 Pulls	EN
	{4 x 50 on 1:00 Pulls-no br L.12 yds	EN
	{2 x 100 on 1:25 Pulls	EN
	{3 x 50 on :55 Pulls-no br L.13 yds	EN
	{3 x 100 on 1:25 Pulls	EN
	{2 x 50 on :50 Pulls-no br L.14 yds	EN
	{3 x 100 on 1:25 Pulls	EN
	{1 x 50 on :45 Pulls-no br L.15 yds	EN

Workout #24605 - Monday, 21 October 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
700	7 x 100 on 2:00 Breast Kick-odds fast
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,100	1x{1 x 50 on 1:00 Breast L.25 2k1p
	{2 x 75 on 1:30 Breast L.25 2k1p
	{3 x 100 on 2:00 Breast L.25 2k1p
	{6 x 25 on :30 Breast 2X Pullouts
	{3 x 100 on 1:55 Breast L.25 2k1p
	{2 x 75 on 1:25 Breast L.25 2k1p
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Rock Paper Scissors Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 104

Workout #24606 - Monday, 21 October 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:30 PM	Start
=====	=====
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{6 x 100 on 2:10 Breast Kick-odds fast
	{1 x 50 on 1:00 Kick-FAST
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,050	1x{1 x 50 on 1:05 Breast L.25 2k1p
	{2 x 75 on 1:35 Breast L.25 2k1p
	{3 x 100 on 2:05 Breast L.25 2k1p
	{6 x 25 on :35 Breast 2X Pullouts
	{3 x 100 on 2:00 Breast L.25 2k1p
	{2 x 50 on 1:00 Breast L.25 2k1p
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Rock Paper Scissors Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 95

Workout #24607 - Monday, 21 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 6 x 100 on 2:20 Breast Kick-odds fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 50 on 1:10 Breast L.25 2k1p
 {2 x 75 on 1:40 Breast L.25 2k1p
 {3 x 100 on 2:20 Breast L.25 2k1p
 {6 x 25 on :40 Breast 2X Pullouts
 {2 x 100 on 2:15 Breast L.25 2k1p
 {1 x 50 on 1:05 Breast L.25 2k1p
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Rock Paper Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 86

Workout #24608 - Monday, 21 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{5 x 100 on 2:30 Breast Kick-odds fast
 {1 x 50 on 1:15 Breast Kick-FAST
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 875 1x{1 x 50 on 1:15 Breast L.25 2k1p
 {2 x 75 on 1:50 Breast L.25 2k1p
 {3 x 100 on 2:25 Breast L.25 2k1p
 {4 x 25 on :45 Breast 2X Pullouts
 {2 x 100 on 2:20 Breast L.25 2k1p
 {1 x 75 on 1:45 Breast L.25 2k1p
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Rock Paper Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,725 Yards - Stress Value = 80

Workout #24609 - Monday, 21 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 500 5 x 100 on 2:45 Breast Kick-odds fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 1x{1 x 50 on 1:30 Breast L.25 2k1p
 {2 x 75 on 2:15 Breast L.25 2k1p
 {3 x 100 on 3:00 Breast L.25 2k1p
 {4 x 25 on :45 Breast 2X Pullouts
 {1 x 100 on 2:55 Breast L.25 2k1p
 {1 x 50 on 1:00 Breast L.25 2k1p
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Rock Paper Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,500 Yards - Stress Value = 76

Workout #24610 - Monday, 21 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 250 1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 350 1x{3 x 100 on 4:00 Breast Kick-odds fast
 {1 x 50 on 2:00 Breast Kick-fast
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 50 on 2:00 Breast L.25 2k1p
 {2 x 75 on 3:00 Breast L.25 2k1p
 {3 x 100 on 4:00 Breast L.25 2k1p
 {2 x 25 on 1:00 Breast 2X Pullouts
 750 15 x 50 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Rock Paper Scissors Relay
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,400 Yards - Stress Value = 99

Workout #24611 - Tuesday, 22 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 11:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 1,500 1x{10 x 50 on :55 400 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
 200 1 on 10:00 Video Evaluations 2-
 8 x 25 on 3:00 50 Free Pace
 6:59 AM 1,925 Yards - Stress Value = 174

Workout #24612 - Tuesday, 22 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 20:00 Spotlight/DS/Showers REC
 225 15 x 15 on :45 Racing Skills-Back Shooters SP3
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 5:00 Video Evaluations 1+/1- REC
 1,500 30 x 50 on :50 200 Fly Pace* SP2
 1 on 5:00 Active Recovery REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 5:00 Active Recovery REC
 600 30 x 20 on :25 100 Breast Pace SP2
 1 on 10:00 Racing Skills-UW Racing EN2
 6:33 PM 4,575 Yards - Stress Value = 444

Workout #24613 - Tuesday, 22 October 2019

Group 3 - Back

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 960 1x{4 x 40 on 1:00 Gssr/Spr br on 3/15 undr-desc
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :55 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :50 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :45 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr-desce
 1,000 1 x 1000 on 12:00 Pulls
 BTB for 1st half and BTS for 2nd half
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,200 1x{4 x 100 on 1:20 Backstroke
 {3 x 100 on 1:15 Backstroke
 {2 x 100 on 1:10 Backstroke
 {1 x 100 on 1:05 Backstroke
 {1 x 200 on 3:30 Stroke Drills
 {1 x 100 on 1:05 Backstroke
 {2 x 100 on 1:10 Backstroke
 {3 x 100 on 1:15 Backstroke
 {4 x 100 on 1:20 Backstroke
 100 1 x 100 on 2:00 Freestyle
 200 1 x 200 on 4:00 200 Back for Time!
 1 on 12:00 Racing Skills-UW Racing
 6:30 PM 5,410 Yards - Stress Value = 91

Workout #24614 - Tuesday, 22 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start
 Yards Set Description
 =====
 1 on 25:00 Spotlight/DS/Showers
 600 1 x 600 on 10:00 Top Hat Drill
 150 10 x 15 on :45 Shooters
 960 1x{4 x 40 on 1:00 Gssr/Spr br on 3/15 undr-desc
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :55 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :50 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr
 {4 x 40 on :45 Gssr/Spr br on 3/15 undr-desce
 {2 x 40 on :40 Gssr/Spr br on 3/15 undr-desce
 850 1 x 850 on 12:00 Pulls
 BTB for 1st half and BTS for 2nd half
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,050 1x{4 x 100 on 1:25 Backstroke
 {3 x 100 on 1:20 Backstroke
 {2 x 100 on 1:15 Backstroke
 {1 x 100 on 1:10 Backstroke
 {1 x 50 on 1:30 Stroke Drills
 {1 x 100 on 1:10 Backstroke
 {2 x 100 on 1:15 Backstroke
 {3 x 100 on 1:20 Backstroke
 {4 x 100 on 1:25 Backstroke
 100 1 x 100 on 2:00 Freestyle
 200 1 x 200 on 4:00 200 Back for Time!
 1 on 12:00 Racing Skills-UW Racing
 6:30 PM 5,110 Yards - Stress Value = 89

Workout #24615 - Tuesday, 22 October 2019

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Streamline Kick on back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 2:00 Breast Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 200 on 3:10 Individual Medley
 {6 x 25 on :30 Fly lup2down
 {1 x 200 on 3:05 Individual Medley
 {6 x 25 on :30 Back 5KOW+1
 {1 x 200 on 3:00 Individual Medley
 {6 x 25 on :30 Breast 2K1P
 {1 x 200 on 2:55 Individual Medley
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,550 Yards - Stress Value = 120

Workout #24616 - Tuesday, 22 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Streamline Kick on back
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 200 on 3:20 Individual Medley
 {4 x 25 on :35 Fly lup2down
 {1 x 200 on 3:15 Individual Medley
 {4 x 25 on :35 Back 5KOW+1
 {1 x 200 on 3:10 Individual Medley
 {6 x 25 on :35 Breast 2K1P
 {1 x 200 on 3:05 Individual Medley
 {2 x 25 on :30 Free 6BK
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,275 Yards - Stress Value = 104

Workout #24617 - Tuesday, 22 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on back
 {2 x 25 on :40 Kick no board BS
 {1 x 100 on 2:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 200 on 3:40 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:35 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:30 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 150 on 2:35 IM w/out the free
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 93

{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 1:30 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{1 x 200 on 5:00 Individual Medley
 {2 x 25 on :45 Fly lup2down
 {1 x 200 on 4:55 Individual Medley
 {4 x 25 on :45 Back 5KOW+1
 {1 x 200 on 4:50 Individual Medley
 {2 x 25 on :45 Breast 2K1P
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,275 Yards - Stress Value = 68

Workout #24620 - Tuesday, 22 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 200 1 x 200 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 350 1x{2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Fly Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 {1 x 50 on 2:00 Streamline Kick on back
 {2 x 25 on 1:00 Kick no board BS
 {1 x 50 on 2:00 Breast Kick w/board
 {2 x 25 on 1:00 Kick no board LR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 1x{1 x 100 on 3:45 Individual Medley
 {4 x 25 on 1:00 Fly lup2down
 {1 x 100 on 3:40 Individual Medley
 {4 x 25 on 1:00 Back 5KOW+1
 {1 x 100 on 3:35 Individual Medley
 {2 x 25 on 1:00 Breast 2K1P
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,925 Yards - Stress Value = 62

Workout #24618 - Tuesday, 22 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 7:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 500 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:45 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on back
 {2 x 25 on :45 Kick no board BS
 {1 x 50 on 1:15 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,025 1x{1 x 200 on 3:55 Individual Medley
 {4 x 25 on :40 Fly lup2down
 {1 x 200 on 3:50 Individual Medley
 {4 x 25 on :40 Back 5KOW+1
 {1 x 200 on 3:45 Individual Medley
 {4 x 25 on :40 Breast 2K1P
 {1 x 100 on 1:50 Individual Medley
 {1 x 25 on :40 Free 6BK
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,775 Yards - Stress Value = 86

Workout #24621 - Wednesday, 23 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 11:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#2 Shooter SP3
 1 on 8:00 Racing Skills-Lane Line Survivor EN1
 2,250 30 x 75 on 1:10 1000 Free Pace SP2
 160 8 x 20 on 3:00 Timed Underwaters-B SP2
 7:02 AM 2,635 Yards - Stress Value = 250

Workout #24619 - Tuesday, 22 October 2019

Group 2 - Bronze

1 minute rest between sets

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

Workout #24622 - Wednesday, 23 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 20:00 Spotlight/DSShowers	RF
225	15 x 15 on :45 Racing Skills-Breast Shooters	SI
750	30 x 25 on :30 100 Free Pace	SI
	1 on 5:00 Video Evaluations 1+/1-	RF
1,500	30 x 50 on :55 200 Breast Pace*	SI
	1 on 5:00 Active Recovery	RF
1,500	30 x 50 on :50 200 Back Pace*	SI
	1 on 5:00 Active Recovery	RF
600	30 x 20 on :30 100 Fly Pace-diving well	SI
	1 on 10:00 Tic Tac Toe Relay	EM
	6:39 PM 4,575 Yards - Stress Value = 444	

Workout #24623 - Wednesday, 23 October 2019

Group 3 - Breast

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 Spotlight/DS/Showers	
500	20 x 25 on :30 Wednesday Warm-ups	
150	10 x 15 on :45 Shooters	
2,700	1x{6 x 100 on 1:25 Breaststroke	
	{1 x 40 on 1:00 20BR w/fly kick/20 Free Sprir	
	{5 x 100 on 1:25 Breaststroke	
	{2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir	
	{4 x 100 on 1:25 Breaststroke	
	{3 x 40 on 1:00 20BR w/fly kick/20 Free Sprir	
	{3 x 100 on 1:25 Breaststroke	
	{4 x 40 on 1:00 20BR w/fly kick/20 Free Sprir	
	{2 x 100 on 1:25 Breaststroke	
	{5 x 40 on 1:00 20BR w/fly kick/20 Free Sprir	
	{1 x 100 on 1:25 Breaststroke	
100	1 x 100 on 2:00 Kick for time	
1,750	1x{2 x 100 on 2:05 Kick 2 weakest kicks	
	{5 x 50 on :45 Kick	
	{2 x 100 on 2:00 Kick 2 weakest kicks	
	{4 x 50 on :45 Kick	
	{2 x 100 on 1:55 Kick 2 weakest kicks	
	{3 x 50 on :45 Kick	
	{2 x 100 on 1:50 Kick 2 weakest kicks	
	{2 x 50 on :45 Kick	
	{2 x 100 on 1:45 Kick 2 weakest kicks	
	{1 x 50 on :45 Kick	
	1 on 10:00 Tic Tac Toe Relay	
	6:29 PM 5,200 Yards - Stress Value = 108	

Workout #24624 - Wednesday, 23 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 25:00 Spotlight/DS/Showers	
500	20 x 25 on :30 Wednesday Warm-ups	
150	10 x 15 on :45 Shooters	
2,580	1x{6 x 100 on 1:35 Breaststroke	
	{1 x 40 on 1:00 20BR w/fly kick/20 Free Sprir	
	{5 x 100 on 1:35 Breaststroke	
	{2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir	
	{4 x 100 on 1:35 Breaststroke	
	{3 x 40 on 1:00 20BR w/fly kick/20 Free Sprir	
	{3 x 100 on 1:35 Breaststroke	
	{4 x 40 on 1:00 20BR w/fly kick/20 Free Sprir	
	{2 x 100 on 1:35 Breaststroke	
	{2 x 40 on 1:00 20BR w/fly kick/20 Free Sprir	
	{1 x 100 on 1:35 Breaststroke	

100	1 x 100 on 2:00 Kick for time
1,750	1x{2 x 100 on 2:05 Kick 2 weakest kicks
	{5 x 50 on :45 Kick
	{2 x 100 on 2:00 Kick 2 weakest kicks
	{4 x 50 on :45 Kick
	{2 x 100 on 1:55 Kick 2 weakest kicks
	{3 x 50 on :45 Kick
	{2 x 100 on 1:50 Kick 2 weakest kicks
	{2 x 50 on :45 Kick
	{2 x 100 on 1:45 Kick 2 weakest kicks
	{1 x 50 on :45 Kick
	1 on 10:00 Tic Tac Toe Relay
	6:30 PM 5,080 Yards - Stress Value = 106

Workout #24625 - Wednesday, 23 October 2019

Group 2 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	
450	18 x 25 on :30 Wednesday Warm-up	
150	10 x 15 on :45 Shooters	
950	1x{4 x 25 on :30 Kick no board B	
	{3 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks	
	{4 x 25 on :30 Kick no board B	
	{2 x 100 on 2:00 Kick 25L/25R/25SL/25 6ks	
	{6 x 25 on :30 Kick no board BSLR	
	{1 x 100 on 2:00 Kick 25L/25R/25SL/25-6ks	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,600	1x{1 x 100 on 1:20 Backstroke 3KOW+1	
	{3 x 50 on :50 Back descend-min 5KOW	
	{2 x 100 on 1:25 Backstroke 3KOW+1	
	{3 x 50 on :50 Back descend-min 5KOW	
	{3 x 100 on 1:30 Backstroke 3KOW+1	
	{3 x 50 on :50 Back descend-min 5KOW	
	{4 x 100 on 1:35 Backstroke 3KOW+1	
	{3 x 50 on :50 Back descend min 5KOW	
750	30 x 25 on :30 USRPT-100 Back Pace	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 4,200 Yards - Stress Value = 132	

Workout #24626 - Wednesday, 23 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 30:00 DS/Dryland	
450	18 x 25 on :30 Wednesday Warm-up	
150	10 x 15 on :45 Shooters	
850	1x{4 x 25 on :35 Kick no board B	
	{3 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks	
	{4 x 25 on :35 Kick no board B	
	{2 x 100 on 2:10 Kick 25L/25R/25SL/25 6ks	
	{6 x 25 on :35 Kick no board B	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,350	1x{1 x 100 on 1:40 Backstroke 3KOW+1	
	{3 x 50 on :55 Back descend-min 5KOW	
	{2 x 100 on 1:45 Backstroke 3KOW+1	
	{3 x 50 on :55 Back descend-min 5KOW	
	{3 x 100 on 1:50 Backstroke 3KOW+1	
	{3 x 50 on :55 Back descend-min 5KOW	
	{3 x 100 on 1:55 Backstroke 3KOW+1	
625	25 x 25 on :35 USRPT-100 Back Pace	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 3,725 Yards - Stress Value = 112	

Workout #24627 - Wednesday, 23 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board B
	{ 3 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
	{ 4 x 25 on :40 Kick no board B
	{ 2 x 100 on 2:25 Kick 25L/25R/25SL/25 6ks
	{ 2 x 25 on :40 Kick no board B
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{1 x 100 on 1:50 Backstroke 3KOW+1
	{ 3 x 50 on 1:00 Back descend-min 5KOW
	{ 2 x 100 on 1:55 Backstroke 3KOW+1
	{ 3 x 50 on 1:00 Back descend-min 5KOW
	{ 3 x 100 on 2:00 Backstroke 3KOW+1
	{ 3 x 50 on 1:00 Back descend-min 5KOW
	{ 2 x 100 on 2:05 Backstroke 3KOW+1
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,375 Yards - Stress Value = 101

Workout #24628 - Wednesday, 23 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :40 Kick no board B
	{ 3 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
	{ 4 x 25 on :40 Kick no board B
	{ 2 x 100 on 2:35 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 100 on 1:55 Backstroke 3KOW+1
	{ 3 x 50 on 1:05 Back descend-min 5KOW
	{ 2 x 100 on 2:05 Backstroke 3KOW+1
	{ 3 x 50 on 1:05 Back descend-min 5KOW
	{ 3 x 100 on 2:10 Backstroke 3KOW+1
	{ 3 x 50 on 1:05 Back descend-min 5KOW
	{ 1 x 100 on 2:15 Backstroke 3KOW+1
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 98

Workout #24629 - Wednesday, 23 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board B
	{ 2 x 100 on 3:15 Kick 25L/25R/25SL/25 6ks
	{ 4 x 25 on :45 Kick no board B
	{ 2 x 100 on 3:15 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{1 x 100 on 2:30 Backstroke 3KOW+1
	{ 3 x 50 on 1:15 Back descend-min 5KOW
	{ 2 x 100 on 2:35 Backstroke 3KOW+1
	{ 3 x 50 on 1:15 Back descend-min 5KOW

	{ 3 x 100 on 2:40 Backstroke 3KOW+1
500	20 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,750 Yards - Stress Value = 86

Workout #24630 - Wednesday, 23 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{4 x 25 on 1:00 Kick no board B
	{ 2 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks
	{ 4 x 25 on 1:00 Kick no board B
	{ 1 x 100 on 3:30 Kick 25L/25R/25SL/25 6ks
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
700	1x{1 x 100 on 3:15 Backstroke 3KOW+1
	{ 3 x 50 on 1:45 Back descend-min 5KOW
	{ 2 x 100 on 3:20 Backstroke 3KOW+1
	{ 3 x 50 on 1:45 Back descend-min 5KOW
	{ 1 x 100 on 3:25 Backstroke 3KOW+1
375	15 x 25 on 1:00 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,325 Yards - Stress Value = 68

Workout #24631 - Thursday, 24 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
=====	=====
	1 on 11:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	1x{10 x 50 on :55 200 IM Pace
	{ 1 on 1:00 Rest
	{ 10 x 50 on :55 200 IM Pace
	{ 1 on 1:00 Rest
	{ 10 x 50 on :55 200 IM Pace
	1 on 10:00 Video Evaluations 2-
625	25 x 25 on :30 Your #2-100
80	4 x 20 on 3:00 Timed Underwaters
	7:01 AM 2,430 Yards - Stress Value = 224

Workout #24632 - Thursday, 24 October 2019

Group 3 - USRPT

1 minute rest between sets

4:00 PM Start

Yards	Set Description	EGY W
=====	=====	=====
	1 on 20:00 Spotlight/DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
750	30 x 25 on :30 100 Breast Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
1,500	30 x 50 on :50 200 Free Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
1,000	40 x 25 on :30 200 Fly Pace*	SP2
	1 on 5:00 Your Choice Recovery	REC
600	30 x 20 on :25 100 Back Pace-Diving Well*	SP2
	All sets individualized rest. Non best set 5:00	
	set 7:00 rest, make 24 in a row or finish set	
	6:03 PM 4,075 Yards - Stress Value = 394	

Workout #24633 - Thursday, 24 October 2019

Group 3 - Fly

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
600	1 on 25:00 Spotlight/DS/Showers	REC	
	1 x 600 on 9:00 Underwater Turn Drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
2,350	1x{2 x 25 on :25 Fly 5KOW+1 HB@F	EN2	
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW	EN2	
	{4 x 25 on :25 Fly 5KOW+1 HB@F	EN2	
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW	EN2	
	{6 x 25 on :25 Fly 5KOW+1 HB@F	EN2	
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW	EN2	
	{8 x 25 on :25 Fly 5KOW+1 HB@F	EN2	
	{4 x 100 on 1:20 Fly 2-3-4-5 SOW	REC	
	{10 x 25 on :25 Fly 5KOW+1 HB@F	EN2	
100	1 x 100 on 1:30 Freestyle	REC	
2,100	1x{3 x 125 on 2:00 Kick L.25 100%	EN2	
	{6 x 25 on :25 Kick no board B	EN2	
	{3 x 125 on 1:55 Kick L.25 100%	EN2	
	{6 x 25 on :25 Kick no board S	EN2	
	{3 x 125 on 1:50 Kick L.25 100%	EN2	
	{6 x 25 on :25 Kick no board L	EN2	
	{3 x 125 on 1:45 Kick L.25 100%	EN2	
	{6 x 25 on :25 Kick no board R	EN2	
1,200	6 x 200 on 2:30 Lungbuster pulls	EN1	
	Breathe 3-5-7-9 continuous		
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:30 PM 6,700 Yards - Stress Value = 101		

Workout #24634 - Thursday, 24 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
600	1 on 25:00 Spotlight/DS/Showers	REC	
	1 x 600 on 9:00 Underwater Turn Drill	REC	
	Odd 100's free even 100's back		
150	10 x 15 on :45 Shooters	SP3	
2,100	1x{2 x 25 on :30 Fly 5KOW+1 HB@F	EN2	
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW	EN2	
	{4 x 25 on :30 Fly 5KOW+1 HB@F	EN2	
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW	EN2	
	{6 x 25 on :30 Fly 5KOW+1 HB@F	EN2	
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW	EN2	
	{8 x 25 on :30 Fly 5KOW+1 HB@F	EN2	
	{4 x 100 on 1:30 Fly 2-3-4-5 SOW	REC	
100	1 x 100 on 1:30 Freestyle	REC	
2,025	1x{3 x 125 on 2:05 Kick L.25 100%	EN2	
	{6 x 25 on :25 Kick no board B	EN2	
	{3 x 125 on 2:00 Kick L.25 100%	EN2	
	{6 x 25 on :25 Kick no board S	EN2	
	{3 x 125 on 1:55 Kick L.25 100%	EN2	
	{6 x 25 on :25 Kick no board L	EN2	
	{3 x 100 on 1:30 Kick L.25 100%	EN2	
	{6 x 25 on :25 Kick no board R	EN2	
1,050	6 x 175 on 2:30 Lungbuster pulls	EN1	
	Breathe 3-5-7-9 continuous		
200	1 x 200 on 3:00 Stroke Drills	REC	
	6:30 PM 6,225 Yards - Stress Value = 92		

Workout #24635 - Thursday, 24 October 2019

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland

450	1 x 450 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
700	1x{1 x 100 on 1:50 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{3 x 100 on 2:00 Free Kick w/board
	{1 x 100 on 2:05 Free Kick w/board
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,350 Yards - Stress Value = 95

Workout #24636 - Thursday, 24 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
400	1 x 400 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace
650	1x{1 x 100 on 1:55 Free Kick w/board
	{2 x 100 on 2:00 Free Kick w/board
	{3 x 100 on 2:05 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 94

Workout #24637 - Thursday, 24 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
	1 on 30:00 DS/Dryland
350	1 x 350 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace
600	1x{1 x 100 on 2:05 Free Kick w/board
	{2 x 100 on 2:10 Free Kick w/board
	{3 x 100 on 2:15 Free Kick w/board
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,025 Yards - Stress Value = 80

Workout #24638 - Thursday, 24 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace
550	1x{1 x 100 on 2:20 Free Kick w/board { 2 x 100 on 2:25 Free Kick w/board { 2 x 100 on 2:30 Free Kick w/board { 1 x 50 on 1:20 Free Kick w/board
200	1 on 10:00 Racing Skills-Relay Starts 1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,850 Yards - Stress Value = 72

Workout #24639 - Thursday, 24 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
300	1 x 300 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Free Pace
500	1x{1 x 100 on 2:40 Free Kick w/board { 2 x 100 on 2:45 Free Kick w/board { 2 x 100 on 2:50 Free Kick w/board 1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,750 Yards - Stress Value = 66

Workout #24640 - Thursday, 24 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
=====	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
	1 on 23:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Free Pace
400	1x{1 x 100 on 3:10 Free Kick w/board { 2 x 100 on 3:15 Free Kick w/board { 2 x 50 on 1:40 Free Kick w/board
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,475 Yards - Stress Value = 52

Workout #24641 - Friday, 25 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 20:00 Spotlight/DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
600	30 x 20 on :30 100 Back Pace*	SE

1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600 30 x 20 on :30 100 Fly Pace*	SE
1 on 5:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600 30 x 20 on :30 100 Free Pace*	SE
5:45 PM 2,025 Yards - Stress Value = 189	

Workout #24642 - Friday, 25 October 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 25:00 Spotlight/DS/Showers	REC
600	1 x 600 on 9:00 Reverse IM drill	REC
180	12 x 15 on :45 Start/Shooter/Finish	SP3
400	16 x 25 on :30 Kick no board BSLR w/fins All 100%	EN2
2,200	1x{1 x 400 on 5:00 Individual Medley { 1 x 150 on 2:00 Butterfly { 1 x 400 on 5:05 Individual Medley { 1 x 150 on 1:55 Backstroke { 1 x 400 on 5:10 Individual Medley { 1 x 150 on 2:15 Breaststroke { 1 x 400 on 5:15 Individual Medley { 1 x 150 on 1:40 Freestyle	EN2 EN2 EN2 EN2 EN2 EN2 EN2
200	1 x 200 on 3:00 IM-Broken at the 50's Rest 10-20-30 seconds	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
	5:46 PM 3,780 Yards - Stress Value = 79	

Workout #24643 - Friday, 25 October 2019

Group 3 - Gold

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY
=====	=====	==
	1 on 25:00 Spotlight/DS/Showers	REC
600	1 x 600 on 9:00 Reverse IM drill	REC
180	12 x 15 on :45 Start/Shooter/Finish	SP3
400	16 x 25 on :30 Kick no board BSLR w/fins All 100%	EN2
2,050	1x{1 x 400 on 5:20 Individual Medley { 1 x 150 on 2:15 Butterfly { 1 x 400 on 5:25 Individual Medley { 1 x 150 on 2:05 Backstroke { 1 x 400 on 5:30 Individual Medley { 1 x 150 on 2:25 Breaststroke { 1 x 400 on 5:35 Individual Medley	EN2 EN2 EN2 EN2 EN2 EN2
200	1 x 200 on 3:00 IM-Broken at the 50's Rest 10-20-30 seconds	SP2
200	1 x 200 on 3:00 Stroke Drills	REC
	5:46 PM 3,630 Yards - Stress Value = 76	

Workout #24644 - Friday, 25 October 2019

Group 2 - Fly

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
400	4 x 100 on 2:15 SwimUSS	F
150	10 x 15 on :45 Shooters	S
1,500	1x{1 x 100 on 1:30 75 Free 25 Fly w/free kick	F
	{4 x 25 on :30 Fly 8/9/10/11 KOW	E
	{2 x 100 on 1:30 75 Free 25 Fly w/free kick	F
	{4 x 25 on :30 Fly 9/10/11/12 KOW	E
	{3 x 100 on 1:30 75 Free 25 Fly w/free kick	F
	{4 x 25 on :30 Fly 10/11/12/13 KOW	E
	{4 x 100 on 1:30 75 Free 25 Fly w/free kick	F
	{4 x 25 on :30 Fly 11/12/13/14 KOW	E
	{1 x 100 on 1:30 Butterfly	F
200	1 x 200 on 4:00 Stroke Drills	F
	6:29 PM 2,250 Yards - Stress Value = 36	

{4 x 25 on :45 Fly 8/9/10/11 KOW	E
{2 x 100 on 2:10 75 Free 25 Fly w/free kick	F
{4 x 25 on :45 Fly 9/10/11/12 KOW	E
{3 x 100 on 2:10 75 Free 25 Fly w/free kick	F
{4 x 25 on :45 Fly 10/11/12/13 KOW	E
{1 x 100 on 2:10 75 Free 25 Fly w/free kick	F
1 x 200 on 4:00 Stroke Drills	F
6:30 PM 1,750 Yards - Stress Value = 26	

Workout #24648 - Friday, 25 October 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
300	4 x 75 on 2:30 Swim-kick-pull	F
150	10 x 15 on :45 Shooters	S
800	1x{1 x 100 on 3:00 75 Free 25 Fly w/free kick	F
	{4 x 25 on :50 Fly 8/9/10/11 KOW	E
	{2 x 100 on 3:00 75 Free 25 Fly w/free kick	F
	{4 x 25 on :50 Fly 9/10/11/12 KOW	E
	{2 x 100 on 3:00 75 Free 25 Fly w/free kick	F
	{4 x 25 on :50 Fly 10/11/12/13 KOW	E
200	1 x 200 on 4:00 Stroke Drills	F
	6:30 PM 1,450 Yards - Stress Value = 22	

Workout #24645 - Friday, 25 October 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
500	4 x 125 on 2:30 SwimUSS	F
150	10 x 15 on :45 Shooters	S
1,350	1x{1 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{4 x 25 on :35 Fly 8/9/10/11 KOW	E
	{2 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{4 x 25 on :35 Fly 9/10/11/12 KOW	E
	{3 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{4 x 25 on :35 Fly 10/11/12/13 KOW	E
	{4 x 100 on 1:40 75 Free 25 Fly w/free kick	F
	{2 x 25 on :35 Fly 13/14 KOW	E
200	1 x 200 on 4:00 Stroke Drills	F
	6:30 PM 2,200 Yards - Stress Value = 33	

Workout #24649 - Friday, 25 October 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
300	4 x 75 on 2:30 Swim-kick-pull-swim	F
150	10 x 15 on :45 Shooters	S
700	1x{1 x 100 on 3:30 75 Free 25 Fly w/free kick	F
	{2 x 25 on 1:00 Fly 8/9 KOW	E
	{2 x 100 on 3:30 75 Free 25 Fly w/free kick	F
	{2 x 25 on 1:00 Fly 8/9 KOW	E
	{3 x 100 on 3:30 75 Free 25 Fly w/free kick	F
200	1 x 200 on 4:00 Stroke Drills	F
	6:30 PM 1,350 Yards - Stress Value = 20	

Workout #24646 - Friday, 25 October 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
400	4 x 100 on 2:30 SwimUSS	F
150	10 x 15 on :45 Shooters	S
1,150	1x{1 x 100 on 1:55 75 Free 25 Fly w/free kick	F
	{4 x 25 on :40 Fly 8/9/10/11 KOW	E
	{2 x 100 on 1:55 75 Free 25 Fly w/free kick	F
	{4 x 25 on :40 Fly 9/10/11/12 KOW	E
	{3 x 100 on 1:55 75 Free 25 Fly w/free kick	F
	{6 x 25 on :40 Fly 10/11/12/13/14/15 KOW	E
	{2 x 100 on 1:55 75 Free 25 Fly w/free kick	F
200	1 x 200 on 4:00 Stroke Drills	F
	6:30 PM 1,900 Yards - Stress Value = 29	

Workout #24650 - Monday, 28 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
=====	=====	=====	=====
	1 on 12:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills-#1 Shooter		SP3
3,000	30 x 100 on 1:25 1650 Free Pace		SP2
	1 on 5:00 Video Evaluations-		REC
120	6 x 20 on 3:00 Timed Underwaters-S		SP2
	7:02 AM 3,345 Yards - Stress Value = 321		

Workout #24647 - Friday, 25 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	
=====	=====	=====
	1 on 40:00 DS/Dryland	F
400	4 x 100 on 2:30 SwimUSS	F
150	10 x 15 on :45 Shooters	S
1,000	1x{1 x 100 on 2:10 75 Free 25 Fly w/free kick	F

Workout #24651 - Monday, 28 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 15:00 DS/Showers	F
225	15 x 15 on :45 Racing Skills-Free Shooters	£
750	30 x 25 on :30 100 Back Pace	£
	1 on 5:00 Video Evaluations 1+/-	F
1,500	30 x 50 on :55 200 Breast Pace	£
	1 on 5:00 Active Recovery	F
1,500	30 x 50 on :50 200 Free Pace	£
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{6 x 15 on :20 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{4 x 15 on :15 Undr Wtr Fly Kck	F
	{1 on :30 Rest	F
	{2 x 15 on :10 Undr Wtr Fly Kck	F
	1 on 5:00 Active Recovery	F
600	30 x 20 on :20 100 Fly Pace	£
	6:29 PM 4,875 Yards - Stress Value = 450	

Workout #24652 - Monday, 28 October 2019

Group 2 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
450	1 x 450 on 7:00 By 100: THD + ThmbDrg + CFP	F
150	10 x 15 on :45 Shooters	F
750	1x{2 x 100 on 1:50 Fly Kick w/board	F
	{4 x 75 on 1:25 Fly Kick w/board	F
	{5 x 50 on :55 Fly Kick w/board	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	F
1,300	1x{1 x 50 on :50 Butterfly	F
	{1 x 50 on :50 Freestyle	F
	{2 x 50 on :50 Butterfly	F
	{1 x 50 on :50 Freestyle	F
	{3 x 50 on :50 Butterfly	F
	{1 x 50 on :50 Freestyle	F
	{4 x 50 on :50 Butterfly	F
	{1 x 50 on :50 Freestyle	F
	{5 x 50 on :50 Butterfly	F
	{1 x 50 on :50 Freestyle	F
	{6 x 50 on :50 Butterfly	F
750	30 x 25 on :30 USRPT-100 Fly Pace	F
	1 on 10:00 Racing Skills-Starts	F
200	1 x 200 on 4:00 Stroke Drills	F
	7:30 PM 3,700 Yards - Stress Value = 119	

Workout #24653 - Monday, 28 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
400	1 x 400 on 7:00 By 100: THD + ThmbDrg + CFP	F
150	10 x 15 on :45 Shooters	F
650	1x{2 x 100 on 2:05 Fly Kick w/board	F
	{4 x 75 on 1:35 Fly Kick w/board	F
	{3 x 50 on 1:05 Fly Kick w/board	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	F
1,100	1x{1 x 50 on 1:00 Butterfly	F
	{1 x 50 on :55 Freestyle	F
	{2 x 50 on 1:00 Butterfly	F
	{1 x 50 on :55 Freestyle	F

	{3 x 50 on 1:00 Butterfly	F
	{1 x 50 on :55 Freestyle	F
	{4 x 50 on 1:00 Butterfly	F
	{1 x 50 on :55 Freestyle	F
	{5 x 50 on 1:00 Butterfly	F
	{1 x 50 on :55 Freestyle	F
	{2 x 50 on 1:00 Butterfly	F
625	25 x 25 on :35 USRPT-100 Fly Pace	F
	1 on 10:00 Racing Skills-Starts	F
200	1 x 200 on 4:00 Stroke Drills	F
	7:30 PM 3,225 Yards - Stress Value = 100	

Workout #24654 - Monday, 28 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
350	1 x 350 on 7:00 By 100: THD + ThmbDrg + CFP	F
150	10 x 15 on :45 Shooters	F
550	1x{2 x 100 on 2:25 Fly Kick w/board	F
	{4 x 75 on 1:50 Fly Kick w/board	F
	{1 x 50 on 1:15 Fly Kick w/board	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	F
950	1x{1 x 50 on 1:10 Butterfly	F
	{1 x 50 on 1:00 Freestyle	F
	{2 x 50 on 1:10 Butterfly	F
	{1 x 50 on 1:00 Freestyle	F
	{3 x 50 on 1:10 Butterfly	F
	{1 x 50 on 1:00 Freestyle	F
	{4 x 50 on 1:10 Butterfly	F
	{1 x 50 on 1:00 Freestyle	F
	{5 x 50 on 1:10 Butterfly	F
550	22 x 25 on :40 USRPT-100 Fly Pace	F
	1 on 10:00 Racing Skills-Starts	F
200	1 x 200 on 4:00 Stroke Drills	F
	7:30 PM 2,850 Yards - Stress Value = 88	

Workout #24655 - Monday, 28 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description	E
=====	=====	=
	1 on 30:00 DS/Dryland	F
300	1 x 300 on 7:00 By 100: THD + ThmbDrg + CFP	F
150	10 x 15 on :45 Shooters	F
500	1x{2 x 100 on 2:40 Fly Kick w/board	F
	{4 x 75 on 2:00 Fly Kick w/board	F
100	1x{4 x 25 on 1:00 Odds face in sculling drills	F
	{ Evens-underwaters, count kicks	F
900	1x{1 x 50 on 1:15 Butterfly	F
	{1 x 50 on 1:05 Freestyle	F
	{2 x 50 on 1:15 Butterfly	F
	{1 x 50 on 1:05 Freestyle	F
	{3 x 50 on 1:15 Butterfly	F
	{1 x 50 on 1:05 Freestyle	F
	{4 x 50 on 1:15 Butterfly	F
	{1 x 50 on 1:05 Freestyle	F
	{4 x 50 on 1:15 Butterfly	F
500	20 x 25 on :45 USRPT-100 Fly Pace	F
	1 on 10:00 Racing Skills-Starts	F
200	1 x 200 on 4:00 Stroke Drills	F
	7:30 PM 2,650 Yards - Stress Value = 81	

Workout #24656 - Monday, 28 October 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
	5:30 PM Start
	=====
	1 on 30:00 DS/Dryland
250	1 x 250 on 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
450	1x{1 x 100 on 3:00 Fly Kick w/board { 2 x 75 on 2:15 Fly Kick w/board { 4 x 50 on 1:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	1x{1 x 50 on 1:30 Butterfly { 1 x 50 on 1:15 Freestyle { 2 x 50 on 1:30 Butterfly { 1 x 50 on 1:15 Freestyle { 3 x 50 on 1:30 Butterfly { 1 x 50 on 1:15 Freestyle { 4 x 50 on 1:30 Butterfly { 1 x 50 on 1:15 Freestyle { 1 x 50 on 1:30 Butterfly
450	18 x 25 on :50 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,350 Yards - Stress Value = 72

Workout #24657 - Monday, 28 October 2019

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 7:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
350	1x{1 x 100 on 4:00 Fly Kick w/board { 2 x 75 on 3:00 Fly Kick w/board { 2 x 50 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	1x{1 x 50 on 2:15 Butterfly { 1 x 50 on 1:30 Freestyle { 2 x 50 on 2:15 Butterfly { 1 x 50 on 1:30 Freestyle { 3 x 50 on 2:15 Butterfly { 1 x 50 on 1:30 Freestyle { 2 x 50 on 2:15 Butterfly
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 1,925 Yards - Stress Value = 60

Workout #24658 - Tuesday, 29 October 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description
	5:30 AM Start
	=====
	1 on 11:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,500	1x{10 x 50 on :55 400 IM Pace { 1 on 1:00 Rest { 10 x 50 on :55 400 IM Pace { 1 on 1:00 Rest { 10 x 50 on :55 400 IM Pace
	1 on 10:00 Video Evaluations 2-
200	8 x 25 on 3:00 50 Free Pace
	6:59 AM 1,925 Yards - Stress Value = 174

Workout #24659 - Tuesday, 29 October 2019

Group 3 - USRPT

1 minute rest between sets

Yards	Set Description	EGY
	4:15 PM Start	
	=====	===
	1 on 15:00 DS/Showers	REC
225	15 x 15 on :45 Racing Skills-Back Shooters	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 5:00 Video Evaluations 1+/1-	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 5:00 Active Recovery	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
	1 on 5:00 Active Recovery	REC
600	30 x 20 on :30 100 Free Pace	SP2
	1 on 10:00 Underwater Racing	EN2
	6:31 PM 4,575 Yards - Stress Value = 444	

Workout #24660 - Monday, 28 October 2019

Group 3 - Freestylers

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
	5:30 PM Start			
	=====	===	====	====
2,100	1x{6 x 100 on 1:05 Freestyle	EN2	S	FR
	{ 1 on 1:00 Rest	REC	M	
	{ 5 x 100 on 1:05 Freestyle	EN2	S	FR
	{ 1 on 1:00 Rest	REC	M	
	{ 4 x 100 on 1:05 Freestyle	EN2	S	FR
	{ 1 on 1:00 Rest	REC	M	
	{ 3 x 100 on 1:05 Freestyle	EN2	S	FR
	{ 1 on 1:00 Rest	REC	M	
	{ 2 x 100 on 1:05 Freestyle	EN2	S	FR
	{ 1 on 1:00 Rest	REC	M	
	{ 1 x 100 on 1:05 Freestyle	EN2	S	FR
100	1 x 100 on 2:00 Freestyle	REC	S	FR
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN2	K	FLY
	{ 1 on :30 Rest	REC	M	
	{ 6 x 15 on :20 Undr Wtr Fly Kck	EN2	K	FLY
	{ 1 on :30 Rest	REC	M	
	{ 4 x 15 on :15 Undr Wtr Fly Kck	EN2	K	FLY
	{ 1 on :30 Rest	REC	M	
	{ 2 x 15 on :10 Undr Wtr Fly Kck	EN2	K	FLY
100	1 x 100 on 2:00 Freestyle	REC	S	FR
750	1x{1 x 125 on 2:00 Kick	EN2	K	CHO
	{ 1 x 125 on 1:55 Kick	EN2	K	CHO
	{ 1 x 125 on 1:50 Kick	EN2	K	CHO
	{ 1 x 125 on 1:45 Kick	EN2	K	CHO
	{ 1 x 125 on 1:40 Kick	EN2	K	CHO
	{ 1 x 125 on 1:35 Kick	EN2	K	CHO
200	1 x 200 on 3:00 Stroke Drills	REC	D	CD
	6:30 PM 3,550 Yards - Stress Value = 60			

Workout #24661 - Tuesday, 29 October 2019

Group 3 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description
1,350	1x{4 x 25 on :25 Kick no board BSLR 3 x 100 on 1:25 Kick 6 x 25 on :25 Kick no board BSLRBS 3 x 100 on 1:25 Kick 8 x 25 on :25 Kick no board BSLRx2 3 x 100 on 1:25 Kick
150	3x{1 x 25 on :50 Sculling drills 1 x 25 on :40 12.5 ez 12.5 fast grt finishes
1,650	1x{2 x 150 on 2:00 Backstroke 2 x 125 on 1:50 Back 1st and last 25-12yds v 2 x 150 on 1:55 Backstroke 2 x 125 on 1:50 Back 1st and last 25-12yds v 2 x 150 on 1:50 Backstroke 2 x 125 on 1:50 Back 1st and last 25-12yds v 1 on 10:00 Racing Skills-UW Racing
6:30 PM	3,150 Yards - Stress Value = 62

Workout #24662 - Tuesday, 29 October 2019

Group 2 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description
600	1 on 30:00 DS/Dryland 1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
950	1x{1 x 200 on 3:40 Breast Kick w/board 4 x 25 on :30 Breast Kick on Back-Streamline 1 x 200 on 3:45 Breast Kick w/board 4 x 25 on :30 Breast Kick on Back-Streamline 1 x 200 on 3:50 Breast Kick w/board 4 x 25 on :30 Breast Kick on Back-Streamline 1 x 50 on 1:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,250	1x{5 x 100 on 1:45 Breaststroke 1 on 1:00 Rest 4 x 100 on 1:45 Breaststroke 1 on 1:00 Rest 3 x 100 on 1:45 Breaststroke 1 on 1:00 Rest 1 x 50 on 1:00 Breast-100%
625	25 x 25 on :35 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,925 Yards - Stress Value = 109

Workout #24663 - Tuesday, 29 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start

Yards	Set Description
550	1 on 30:00 DS/Dryland 1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
850	1x{1 x 200 on 4:15 Breast Kick w/board 4 x 25 on :35 Breast Kick on Back-Streamline 1 x 200 on 4:20 Breast Kick w/board 4 x 25 on :35 Breast Kick on Back-Streamline 1 x 200 on 4:25 Breast Kick w/board 2 x 25 on :35 Breast Kick on Back-Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{5 x 100 on 1:55 Breaststroke 1 on 1:00 Rest 4 x 100 on 1:55 Breaststroke

	{1 on 1:00 Rest
	{3 x 100 on 1:55 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,725 Yards - Stress Value = 106

Workout #24664 - Tuesday, 29 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start

Yards	Set Description
500	1 on 30:00 DS/Dryland 1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 4:35 Breast Kick w/board 4 x 25 on :40 Breast Kick on Back-Streamline 1 x 200 on 4:40 Breast Kick w/board 4 x 25 on :40 Breast Kick on Back-Streamline 1 x 150 on 3:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,000	1x{4 x 100 on 2:10 Breaststroke 1 on 1:00 Rest 3 x 100 on 2:10 Breaststroke 1 on 1:00 Rest 2 x 100 on 2:10 Breaststroke 1 on 1:00 Rest 1 x 100 on 2:10 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,300 Yards - Stress Value = 94

Workout #24665 - Tuesday, 29 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
450	1 on 30:00 DS/Dryland 1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 4:55 Breast Kick w/board 4 x 25 on :45 Breast Kick on Back-Streamline 1 x 200 on 5:00 Breast Kick w/board 4 x 25 on :45 Breast Kick on Back-Streamline 1 x 150 on 2:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{4 x 100 on 2:25 Breaststroke 1 on 1:00 Rest 3 x 100 on 2:25 Breaststroke 1 on 1:00 Rest 2 x 100 on 2:25 Breaststroke 1 on 1:00 Rest
550	22 x 25 on :40 USRPT-100 Breast Pace
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,150 Yards - Stress Value = 92

Workout #24666 - Tuesday, 29 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 650 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 800 1x{4 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:45 Breaststroke
 {1 on 1:00 Rest
 450 18 x 25 on :50 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,750 Yards - Stress Value = 78

Workout #24667 - Tuesday, 29 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 1 x 300 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 4:00 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlir
 {1 x 50 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{3 x 100 on 4:00 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 4:00 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 4:00 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 250 1 x 250 on 4:00 Stroke Drills
 7:31 PM 2,275 Yards - Stress Value = 64

Workout #24668 - Wednesday, 30 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 11:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#2 Shooter SP3
 1 on 8:00 Racing Skills-Lane Line Survivor EN1
 2,250 30 x 75 on 1:10 500 Free Pace SP2
 160 8 x 20 on 3:00 Timed Underwaters-B SP2
 7:02 AM 2,635 Yards - Stress Value = 250

Workout #24669 - Wednesday, 30 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EC
 =====

1 on 15:00 DS/Showers RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 750 30 x 25 on :30 100 Fly Pace SF
 1 on 5:00 Video Evaluations 1+/1- RE
 1,500 30 x 50 on :50 200 Free Pace SF
 1 on 5:00 Active Recovery RE
 1,500 30 x 50 on :55 200 Breast Pace SF
 1 on 5:00 Active Recovery RE
 600 30 x 20 on :30 100 Back Pace SF
 1 on 10:00 Tic Toe Relay EN
 6:34 PM 4,575 Yards - Stress Value = 444

Workout #24670 - Wednesday, 30 October 2019

Group 3 - Breast

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1,000 1x{1 x 400 on 5:00 Lungbuster pulls
 {1 x 300 on 3:45 Lungbuster pulls
 {1 x 200 on 2:30 Lungbuster pulls
 {1 x 100 on 1:15 Lungbuster pulls
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 1,800 1x{1 x 200 on 3:00 Breaststroke
 {4 x 25 on :30 Breast Kick on back
 {2 x 175 on 2:35 Breaststroke
 {4 x 25 on :30 Breast Kick on Back
 {3 x 150 on 2:10 Breaststroke
 {4 x 25 on :30 Breast Kick on Back
 {4 x 125 on 1:45 Breaststroke
 1 on 10:00 Tic Tac Toe Relay
 6:28 PM 3,000 Yards - Stress Value = 58

Workout #24671 - Wednesday, 30 October 2019

Group 2 - Freestylers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 1,000 1x{2 x 150 on 2:45 Free Kick w/board
 {2 x 125 on 2:20 Free Kick w/board
 {2 x 100 on 1:50 Free Kick w/board
 {2 x 75 on 1:25 Free Kick w/board
 {2 x 50 on :55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,700 1x{1 x 400 on 5:40 Freestyle
 {3 x 100 on 1:30 Freestyle
 {1 x 300 on 4:15 Freestyle
 {3 x 100 on 1:30 Freestyle
 {1 x 200 on 2:50 Freestyle
 {2 x 100 on 1:30 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,350 Yards - Stress Value = 135

Workout #24672 - Wednesday, 30 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 900 1x{2 x 150 on 3:05 Free Kick w/board
 {2 x 125 on 2:35 Free Kick w/board
 {2 x 100 on 2:05 Free Kick w/board
 {2 x 75 on 1:35 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,600 1x{1 x 400 on 6:00 Freestyle
 {3 x 100 on 1:40 Freestyle
 {1 x 300 on 4:30 Freestyle
 {3 x 100 on 1:40 Freestyle
 {1 x 200 on 3:00 Freestyle
 {1 x 100 on 1:30 Freestyle
 750 30 x 25 on :30 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,150 Yards - Stress Value = 131

200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,500 Yards - Stress Value = 109

Workout #24675 - Wednesday, 30 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 700 1x{2 x 150 on 4:05 Free Kick w/board
 {2 x 100 on 2:40 Free Kick w/board
 {2 x 75 on 2:00 Free Kick w/board
 {1 x 50 on 1:20 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,000 1x{1 x 300 on 7:00 Freestyle
 {3 x 100 on 2:30 Freestyle
 {1 x 200 on 4:40 Freestyle
 {2 x 100 on 2:30 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 95

Workout #24673 - Wednesday, 30 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 850 1x{2 x 150 on 3:20 Free Kick w/board
 {2 x 125 on 2:45 Free Kick w/board
 {2 x 100 on 2:15 Free Kick w/board
 {2 x 50 on 1:10 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,400 1x{1 x 400 on 6:40 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 250 on 4:10 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 150 on 2:30 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,700 Yards - Stress Value = 113

Workout #24676 - Wednesday, 30 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{2 x 150 on 4:30 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {2 x 75 on 2:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 850 1x{1 x 300 on 8:15 Freestyle
 {3 x 100 on 3:00 Freestyle
 {1 x 150 on 4:10 Freestyle
 {2 x 50 on 1:30 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,800 Yards - Stress Value = 91

Workout #24674 - Wednesday, 30 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{2 x 150 on 3:45 Free Kick w/board
 {2 x 125 on 3:10 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,300 1x{1 x 300 on 5:30 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 250 on 4:35 Freestyle
 {3 x 100 on 1:55 Freestyle
 {1 x 150 on 2:45 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace

Workout #24677 - Thursday, 31 October 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 11:00 DS/Showers
 225 15 x 15 on :45 Racing Skills-Crossover Turns
 1,500 1x{10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 {1 on 1:00 Rest
 {10 x 50 on :55 200 IM Pace
 1 on 10:00 Video Evaluations 2-
 625 25 x 25 on :30 Your #2-100
 80 4 x 20 on 3:00 Timed Underwaters
 7:01 AM 2,430 Yards - Stress Value = 224

Workout #24678 - Thursday, 31 October 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EGY
 =====
 1 on 15:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-Fly Shooters SP3
 750 30 x 25 on :30 100 Free Pace* SP2
 1 on 5:00 Your Choice Recovery REC
 1,000 40 x 25 on :30 200 Fly Pace* SP2
 1 on 5:00 Your Choice Recovery REC
 1,500 30 x 50 on :50 200 Back Pace* SP2
 1 on 5:00 Your Choice Recovery REC
 600 30 x 20 on :25 100 Breast Pace-Diving Well* SP2
 All sets individualized rest. Non best set 5:0
 set 7:00 rest, make 24 in a row or finish set
 6:13 PM 4,075 Yards - Stress Value = 394

Workout #24679 - Thursday, 31 October 2019

Group 3 - Fly

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 200 4x{1 x 25 on :50 Sculling drills
 {1 x 25 on :40 12.5 ez 12.5 fast grt finishes
 2,500 1x{1 x 100 on 1:20 Butterfly
 {1 x 50 on :40 Freestyle
 {4 x 25 on :25 Fly lupldown +1
 {1 x 50 on :40 Freestyle
 {2 x 150 on 2:00 Butterfly
 {1 x 50 on :40 Freestyle
 {6 x 25 on :25 Fly lupldown +1
 {1 x 50 on :40 Freestyle
 {3 x 200 on 2:40 Butterfly
 {1 x 50 on :40 Freestyle
 {8 x 25 on :25 Fly lupldown+1
 {1 x 50 on :40 Freestyle
 {2 x 150 on 2:00 Butterfly
 {1 x 50 on :40 Freestyle
 {10 x 25 on :25 Fly lupldown+1
 {1 x 50 on :40 Freestyle
 {1 x 100 on 1:20 Butterfly
 750 5x{1 x 100 on 1:15 Kick
 {1 x 50 on 1:00 Kick
 200 1 x 200 on 3:00 Stroke Drills
 6:30 PM 3,650 Yards - Stress Value = 54

Workout #24680 - Thursday, 31 October 2019

Group 2 - IM'ers

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 450 1 x 450 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 750 30 x 25 on :30 USRPT-100 Back Pace
 700 1x{4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:50 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:55 Stremline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:50 Breat Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 95

Workout #24681 - Thursday, 31 October 2019

Group 2 - Gold

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 400 1 x 400 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 600 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Stremline Kick on Back
 {4 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:05 Breat Kick w/board
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,075 Yards - Stress Value = 80

Workout #24682 - Thursday, 31 October 2019

Group 2 - Silver

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 25 x 25 on :35 USRPT-100 Back Pace
 500 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:10 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:15 Stremline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:10 Breat Kick w/board
 {2 x 25 on :40 Kick no board BS
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,925 Yards - Stress Value = 78

Workout #24683 - Thursday, 31 October 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:30 PM Start
 Yards Set Description
 =====
 1 on 30:00 DS/Dryland
 350 1 x 350 on 7:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 1 on 23:00 TEACH DAY-IM
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 550 22 x 25 on :40 USRPT-100 Back Pace
 450 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:15 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:20 Stremline Kick on Back
 {4 x 25 on :45 Kick no board BSLR
 {1 x 50 on 1:15 Breat Kick w/board
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 1,800 Yards - Stress Value = 15

Workout #24684 - Tuesday, 22 October 2019

Group 2 - Bronze

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 23:00 TEACH DAY-IM
500	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
350	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
200	{2 x 25 on 1:00 Kick no board BS 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills

7:29 PM 1,600 Yards - Stress Value = 13

{1 x 100 on 1:05 Freestyle	EN2
{1 x 100 on 1:20 Individual Medley	EN2
{1 x 100 on 1:05 Freestyle	EN2
{1 x 100 on 1:15 Individual Medley	EN2
{1 x 100 on 1:10 Freestyle	EN2
{1 x 100 on 1:10 Individual Medley	EN2
{1 x 100 on 1:10 Freestyle	EN2
{1 x 200 on 2:30 Individual Medley	EN2
{1 x 100 on 1:20 Individual Medley	EN2
{1 x 100 on 1:15 Freestyle	EN2
{1 x 100 on 1:15 Individual Medley	EN2
{1 x 100 on 1:05 Freestyle	EN2
{1 x 100 on 1:10 Individual Medley	EN2
{1 x 100 on 1:05 Freestyle	EN2
{1 x 200 on 2:30 Individual Medley	EN2
{1 x 100 on 1:15 Individual Medley	EN2
{1 x 100 on 1:10 Freestyle	EN2
{1 x 100 on 1:10 Individual Medley	EN2
{1 x 100 on 1:10 Freestyle	EN2
6 x 50 on 1:00 Stroke Drills	REC
30 x 20 on :30 100 Free Pace	SP2

5:45 PM 4,250 Yards - Stress Value = 114

Workout #24685 - Thursday, 31 October 2019

Group 2 - Copper

1 minute rest between sets

5:30 PM Start

Yards	Set Description
300	1 on 30:00 DS/Dryland
150	1 x 300 on 7:00 Free 3KOW to 10 back to 3
100	10 x 15 on :45 Shooters
100	1 on 23:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Back Pace
350	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 50 on 1:45 Fly Kick w/board {4 x 25 on 1:00 Kick no board BSLR {1 x 50 on 2:00 Stremline Kick on Back
200	{2 x 25 on 1:00 Kick no board BS 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills

7:30 PM 1,475 Yards - Stress Value = 13

Workout #24688 - Friday, 01 November 2019

Group 2 - Back

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
500	1 on 40:00 DS/Dryland	REC	L	DRY	
1,500	4 x 125 on 2:15 SwimUSS 50swim 25underwater 25scull 25back	REC	S	FR	1
1,500	10 x 15 on :45 Shooters	SP3	S	BK	5
1,500	1x{8 x 75 on 1:15 Backstroke {6 x 75 on 1:10 Backstroke {4 x 75 on 1:05 Backstroke {2 x 75 on 1:00 Backstroke	EN2	S	BK	1
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2

6:29 PM 2,400 Yards - Stress Value = 36

Workout #24689 - Friday, 01 November 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
500	1 on 40:00 DS/Dryland	REC	L	DRY	
1,500	4 x 125 on 2:15 SwimUSS 50swim 25underwater 25scull 25back	REC	S	FR	1
1,500	10 x 15 on :45 Shooters	SP3	S	BK	5
1,500	1x{8 x 75 on 1:20 Backstroke {6 x 75 on 1:15 Backstroke {4 x 75 on 1:10 Backstroke {2 x 75 on 1:05 Backstroke	EN2	S	BK	1
250	5 x 50 on 1:00 Stroke Drills	REC	D	CD	2

6:30 PM 2,400 Yards - Stress Value = 36

Workout #24686 - Friday, 01 November 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
225	1 on 15:00 DS/Showers	REC	
600	15 x 15 on :45 Racing Skills-Crossover Turns	REC	
600	30 x 20 on :30 100 Back Pace*	SP3	
600	1 on 7:00 Foam Roll/Rllr Stick/Lacrss Ball	RE	
600	30 x 20 on :30 100 Fly Pace*	SE	
600	1 on 8:00 Foam Roll/Rllr Stick/Lacrss Ball	RE	
600	30 x 20 on :30 100 Free Pace*	SE	

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

Workout #24687 - Friday, 01 November 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WC
800	1 on 15:00 DS/Showers	REC	
150	1 x 800 on 12:00 Reverse IM drill	REC	
2,400	10 x 15 on :45 Racing Skills-IM turns	SP3	
2,400	1x{1 x 200 on 2:30 Individual Medley {1 x 100 on 1:25 Individual Medley	EN2	EN2

Workout #24690 - Friday, 01 November 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
400	1 on 40:00 DS/Dryland	REC	L DRY		
	4 x 100 on 2:15 SwimUSS	REC	S FR 2		
	25swim 25underwater 25scull 25back				
150	10 x 15 on :45 Shooters	SP3	S BK 5		
1,200	1x{7 x 75 on 1:35 Backstroke	EN2	S BK 2		
	{6 x 75 on 1:30 Backstroke	EN2	S BK 2		
	{3 x 75 on 1:25 Backstroke	EN2	S BK 1		
200	4 x 50 on 1:15 Stroke Drills	REC	D CD 2		
	6:30 PM 1,950 Yards - Stress Value = 29				

Workout #24691 - Friday, 01 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
400	1 on 40:00 DS/Dryland	REC	L DRY		
	4 x 100 on 2:15 SwimUSS	REC	S FR 2		
	25swim 25underwater 25scull 25back				
150	10 x 15 on :45 Shooters	SP3	S BK 5		
1,125	1x{6 x 75 on 1:40 Backstroke	EN2	S BK 2		
	{5 x 75 on 1:35 Backstroke	EN2	S BK 2		
	{4 x 75 on 1:30 Backstroke	EN2	S BK 2		
200	4 x 50 on 1:15 Stroke Drills	REC	D CD 2		
	6:29 PM 1,875 Yards - Stress Value = 29				

Workout #24692 - Friday, 01 November 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
300	1 on 40:00 DS/Dryland	REC	L DRY		
	4 x 75 on 2:15 SwimUSS	REC	S FR 3		
	25swim 25scull 25back				
150	10 x 15 on :45 Shooters	SP3	S BK 5		
975	1x{6 x 75 on 1:55 Backstroke	EN2	S BK 2		
	{4 x 75 on 1:50 Backstroke	EN2	S BK 2		
	{3 x 75 on 1:45 Backstroke	EN2	S BK 2		
150	3 x 50 on 1:30 Stroke Drills	REC	D CD 3		
	6:30 PM 1,575 Yards - Stress Value = 25				

Workout #24693 - Friday, 01 November 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	STK	F
300	1 on 40:00 DS/Dryland	REC	L DRY		
	4 x 75 on 2:15 SwimUSS	REC	S FR 3		
	25swim 25scull 25back				
150	10 x 15 on :45 Shooters	SP3	S BK 5		
650	1x{6 x 50 on 1:55 Backstroke	EN2	S BK 3		
	{4 x 50 on 1:50 Backstroke	EN2	S BK 3		
	{3 x 50 on 1:45 Backstroke	EN2	S BK 3		
150	3 x 50 on 1:30 Stroke Drills	REC	D CD 3		
	6:30 PM 1,250 Yards - Stress Value = 19				

Workout #24694 - Monday, 04 November 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY	WOF
	1 on 12:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills-#1 Shooter		SP3
3,000	30 x 100 on 1:25 1650 Free Pace		SP2
	1 on 5:00 Video Evaluations-		REC
120	6 x 20 on 3:00 Timed Underwaters-S		SP2
	7:02 AM 3,345 Yards - Stress Value = 321		

Workout #24695 - Monday, 04 November 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 15:00 DS/Showers		F
225	15 x 15 on :45 Racing Skills-Free Shooters		S
750	30 x 25 on :30 100 Breast Pace		S
	1 on 5:00 Video Evaluations 1+/1-		F
1,500	30 x 50 on :50 200 Back Pace		S
	1 on 5:00 Active Recovery		F
1,500	30 x 50 on :50 200 Fly Pace		S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck		F
	{1 on :30 Rest		F
	{6 x 15 on :20 Undr Wtr Fly Kck		F
	{1 on :30 Rest		F
	{4 x 15 on :15 Undr Wtr Fly Kck		F
	{1 on :30 Rest		F
	{2 x 15 on :10 Undr Wtr Fly Kck		F
600	30 x 20 on :30 100 Free Pace		S
	6:26 PM 4,875 Yards - Stress Value = 450		

Workout #24696 - Monday, 04 November 2019

Group 3 - Freestylers

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
2,000	1x{1 x 250 on 3:10 Freestyle	EN2	S
	{5 x 50 on :50 Free-500 Free Pace	EN2	S
	{1 x 250 on 3:05 Freestyle	EN2	S
	{5 x 50 on :50 500 Free Pace	EN2	S
	{1 x 250 on 3:00 Freestyle	EN2	S
	{5 x 50 on :50 500 Free Pace	EN2	S
	{1 x 250 on 2:55 Freestyle	EN2	S
	{5 x 50 on :50 500 Free Pace	SP2	S
50	1 x 50 on 1:00 Freestyle	REC	S
300	1x{8 x 15 on :25 Undr Wtr Fly Kck	EN2	K
	{1 on :30 Rest	REC	M
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2	K
	{1 on :30 Rest	REC	M
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2	K
	{1 on :30 Rest	REC	M
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2	K
1,050	1x{4 x 25 on :25 Kick no board BSLR	EN2	K
	{1 x 100 on 1:20 Kick	EN2	K
	{6 x 25 on :25 Kick no board BSLRBS	EN2	K
	{2 x 100 on 1:20 Kick	EN2	K
	{8 x 25 on :25 Kick no board BSLRX2	EN2	K
	{3 x 100 on 1:20 Kick	EN2	K
200	1 x 200 on 3:00 Stroke Drills	REC	D
	6:32 PM 3,600 Yards - Stress Value = 87		

Workout #24697 - Monday, 04 November 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
950	1x{1 x 200 on 3:40 Breast Kick w/board
	{ 4 x 25 on :30 Breast Kick on Back-Streamline
	{ 1 x 200 on 3:45 Breast Kick w/board
	{ 4 x 25 on :30 Breast Kick on Back-Streamline
	{ 1 x 200 on 3:50 Breast Kick w/board
	{ 4 x 25 on :30 Breast Kick on Back-Streamline
	{ 1 x 50 on 1:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,250	1x{5 x 100 on 1:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 4 x 100 on 1:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 1:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 50 on 1:00 Breast-100%
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,925 Yards - Stress Value = 109

Workout #24698 - Monday, 04 November 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
850	1x{1 x 200 on 4:15 Breast Kick w/board
	{ 4 x 25 on :35 Breast Kick on Back-Streamline
	{ 1 x 200 on 4:20 Breast Kick w/board
	{ 4 x 25 on :35 Breast Kick on Back-Streamline
	{ 1 x 200 on 4:25 Breast Kick w/board
	{ 2 x 25 on :35 Breast Kick on Back-Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{5 x 100 on 1:55 Breaststroke
	{ 1 on 1:00 Rest
	{ 4 x 100 on 1:55 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 1:55 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,725 Yards - Stress Value = 106

Workout #24699 - Monday, 04 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 4:35 Breast Kick w/board
	{ 4 x 25 on :40 Breast Kick on Back-Streamline
	{ 1 x 200 on 4:40 Breast Kick w/board
	{ 4 x 25 on :40 Breast Kick on Back-Streamline
	{ 1 x 150 on 3:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills

	{ Evens-underwaters, count kicks
1,000	1x{4 x 100 on 2:10 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 2:10 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 100 on 2:10 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 2:10 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 94

Workout #24700 - Monday, 04 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
750	1x{1 x 200 on 4:55 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 200 on 5:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 2:35 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
900	1x{4 x 100 on 2:25 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 2:25 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 100 on 2:25 Breaststroke
	{ 1 on 1:00 Rest
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 3,150 Yards - Stress Value = 92

Workout #24701 - Monday, 04 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{1 x 150 on 4:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 4:05 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 4:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
800	1x{4 x 100 on 2:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 2:45 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 2:45 Breaststroke
	{ 1 on 1:00 Rest
450	18 x 25 on :50 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 78

Workout #24702 - Monday, 04 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
150	1 x 300 on 9:00 By 100: THD + ThmbDrg + CFP
500	10 x 15 on :45 Shooters
1x{	1 x 100 on 4:00 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick on Back-Streamlir
	{ 1 x 150 on 4:05 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick on Back-Streamlir
	{ 1 x 50 on 2:10 Breast Kick w/board
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600 1x{	3 x 100 on 4:00 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 100 on 4:00 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 3:00 Breaststroke
375	15 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Relay
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,275 Yards - Stress Value = 64

Workout #24703 - Tuesday, 05 November 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 11:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,500 1x{	10 x 50 on :55 400 IM Pace
	{ 1 on 1:00 Rest
	{ 10 x 50 on :55 400 IM Pace
	{ 1 on 1:00 Rest
	{ 10 x 50 on :55 400 IM Pace
	1 on 10:00 Video Evaluations 2-
200	8 x 25 on 3:00 50 Free Pace
	6:59 AM 1,925 Yards - Stress Value = 174

Workout #24704 - Tuesday, 05 November 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK	STK
	1 on 15:00 DS/Showers	REC	L	DRY
750	30 x 25 on :30 100 Back Pace	SP2	S	BF
	1 on 8:00 Video Evaluations 1+/1-	REC	M	DRY
1,500	30 x 50 on :55 200 Breast Pace	SP2	S	BF
	1 on 8:00 Active Recovery	REC	L	DRY
1,500	30 x 50 on :50 200 Free Pace	SP2	S	FF
	1 on 8:00 Active Recovery	REC	L	DRY
600	30 x 20 on :30 100 Fly Pace	SP2	S	FLY
	1 on 10:00 Racing Skills-UW Racing	EN2	K	FLY
	6:30 PM 4,350 Yards - Stress Value = 435			

Workout #24705 - Tuesday, 05 November 2019

Group 3 - Back

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY
2,100 1x{	2 x 175 on 2:15 Backstroke	EN2
	{ 4 x 100 on 1:20 Back-descend 2/3/4/5 KOW	EN2
	{ 2 x 150 on 1:50 Backstroke	EN2
	{ 4 x 100 on 1:20 Back descend 3/4/5/6 KOW	EN2

	{ 2 x 125 on 1:30 Backstroke	EN2
	{ 4 x 100 on 1:20 Back descend 4/5/6/7 KOW	EN2
50	1 x 50 on 1:00 Freestyle	REC
1,200 3x{	1 x 50 on :50 Kick	EN2
	{ 2 x 50 on :45 Kick	EN2
	{ 3 x 50 on :40 Kick	EN2
	{ 1 x 100 on 2:00 Kick-100%	EN2
	1 on 10:00 Racing Skills-UW Racing	EN2
	6:30 PM 3,350 Yards - Stress Value = 66	

Workout #24706 - Tuesday, 05 November 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
1,100 1x{	2 x 150 on 2:30 Free Kick w/board
	{ 2 x 125 on 2:05 Free Kick w/board
	{ 2 x 100 on 1:40 Free Kick w/board
	{ 2 x 75 on 1:15 Free Kick w/board
	{ 4 x 50 on :50 Free Kick w/board
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,800 1x{	1 x 400 on 5:30 Freestyle
	{ 3 x 100 on 1:20 Freestyle
	{ 1 x 300 on 4:05 Freestyle
	{ 3 x 100 on 1:20 Freestyle
	{ 1 x 200 on 2:45 Freestyle
	{ 3 x 100 on 1:20 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,700 Yards - Stress Value = 139

Workout #24707 - Tuesday, 05 November 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
950 1x{	2 x 150 on 2:55 Free Kick w/board
	{ 2 x 125 on 2:25 Free Kick w/board
	{ 2 x 100 on 1:55 Free Kick w/board
	{ 2 x 75 on 1:25 Free Kick w/board
	{ 1 x 50 on :55 Free Kick w/board
100 1x{	4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,650 1x{	1 x 400 on 5:40 Freestyle
	{ 3 x 100 on 1:35 Freestyle
	{ 1 x 300 on 4:15 Freestyle
	{ 3 x 100 on 1:35 Freestyle
	{ 1 x 200 on 2:50 Freestyle
	{ 3 x 50 on :50 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,350 Yards - Stress Value = 133

Workout #24708 - Tuesday, 05 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 800 1x{2 x 150 on 3:25 Free Kick w/board
 {2 x 125 on 2:50 Free Kick w/board
 {2 x 100 on 2:15 Free Kick w/board
 {1 x 50 on 1:05 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,400 1x{1 x 250 on 4:05 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 200 on 3:15 Freestyle
 {3 x 100 on 1:50 Freestyle
 {1 x 200 on 3:15 Freestyle
 {3 x 50 on :55 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,775 Yards - Stress Value = 112

Workout #24709 - Tuesday, 05 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 750 1x{2 x 150 on 3:45 Free Kick w/board
 {2 x 125 on 3:05 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 1,250 1x{1 x 300 on 5:45 Freestyle
 {3 x 100 on 2:00 Freestyle
 {1 x 200 on 3:50 Freestyle
 {3 x 100 on 2:00 Freestyle
 {1 x 150 on 2:50 Freestyle
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 108

Workout #24710 - Tuesday, 05 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 650 1x{2 x 150 on 4:10 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 75 on 2:15 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 950 1x{1 x 250 on 6:15 Freestyle
 {3 x 100 on 2:45 Freestyle
 {1 x 200 on 5:00 Freestyle
 {2 x 100 on 2:45 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace

1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,950 Yards - Stress Value = 93

Workout #24711 - Tuesday, 05 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 600 1x{2 x 150 on 4:30 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {2 x 50 on 1:30 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
 850 1x{1 x 200 on 5:30 Freestyle
 {3 x 100 on 3:00 Freestyle
 {1 x 150 on 4:10 Freestyle
 {2 x 100 on 3:00 Freestyle
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,750 Yards - Stress Value = 90

Workout #24712 - Wednesday, 06 November 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 11:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#2 Shooter SP3
 1 on 8:00 Racing Skills-Lane Line Survivor EN1
 2,250 30 x 75 on 1:10 1000 Free Pace SP2
 160 8 x 20 on 3:00 Timed Underwaters-B SP2
 7:02 AM 2,635 Yards - Stress Value = 250

Workout #24713 - Wednesday, 06 November 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start
 Yards Set Description EG
 =====
 1 on 15:00 DS/Showers RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 750 30 x 25 on :30 100 Free Pace SF
 1 on 7:00 Video Evaluations 1+/1- RE
 1,000 40 x 25 on :30 200 Fly Pace SF
 1 on 7:00 Active Recovery RE
 1,500 30 x 50 on :50 200 Back Pace SF
 1 on 5:00 Active Recovery RE
 600 30 x 20 on :30 100 Breast Pace SF
 1 on 10:00 Tic Tac Toe Relay EN
 6:30 PM 4,075 Yards - Stress Value = 394

Workout #24714 - Wednesday, 06 November 2019

Group 3 - Breast

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK
2,300	1x{3 x 50 on :55 Breast hold 200 Pace	EN3	S
	{1 x 150 on 2:20 Breaststroke	EN2	S
	{3 x 50 on :55 Breast hold 200 pace	EN3	S
	{2 x 125 on 1:55 Breaststroke	EN2	S
	{3 x 50 on :55 Breast hold 200 pace	EN3	S
	{3 x 100 on 1:30 Breaststroke	EN2	S
	{3 x 50 on :55 Breast hold 200 pace	EN3	S
	{1 x 150 on 2:15 Breaststroke	EN2	S
	{3 x 50 on :55 Breast hold 200 pace	EN3	S
	{2 x 125 on 1:50 Breaststroke	EN2	S
	{3 x 50 on :55 Breast hold 200 pace	EN3	S
	{3 x 100 on 1:25 Breaststroke	EN2	S
400	16 x 25 on :40 Lungbuster pulls	EN2	P
	Odds breathe 3-5-7-9		
	Evens breathe 2-4-6-8		
	1 on 10:00 Tic Tac Toe Relay	EN2	K
6:29 PM	2,700 Yards - Stress Value = 90		

Workout #24715 - Wednesday, 06 November 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,250	1x{8 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:50 Streamline Kick on Back
	{8 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Streamline Kick on Back
	{6 x 25 on :30 Kick no board BSLR
	{4 x 100 on 1:50 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{8 x 75 on 1:15 Backstroke
	{8 x 75 on 1:10 Backstroke
	{8 x 75 on 1:05 Backstroke
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,750 Yards - Stress Value = 142

Workout #24716 - Wednesday, 06 November 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
150	10 x 15 on :45 Shooters
1,100	1x{8 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:05 Streamline Kick on Back
	{8 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:05 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{3 x 100 on 2:05 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,650	1x{8 x 75 on 1:20 Backstroke
	{8 x 75 on 1:15 Backstroke
	{6 x 75 on 1:10 Backstroke
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,325 Yards - Stress Value = 123

Workout #24717 - Wednesday, 06 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
875	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:20 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Streamline Kick on Back
	{6 x 25 on :40 Kick no board BSLR
	{3 x 75 on 2:20 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,425	1x{8 x 75 on 1:30 Backstroke
	{6 x 75 on 1:25 Backstroke
	{5 x 75 on 1:20 Backstroke
625	25 x 25 on :35 USRPT 100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,800 Yards - Stress Value = 114

Workout #24718 - Wednesday, 06 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
150	10 x 15 on :45 Shooters
950	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:30 Streamline Kick on Back
	{1 x 50 on 1:00 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,275	1x{6 x 75 on 1:40 Backstroke
	{6 x 75 on 1:35 Backstroke
	{5 x 75 on 1:30 Backstroke
550	22 x 25 on :40 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	3,650 Yards - Stress Value = 106

Workout #24719 - Wednesday, 06 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up
800	10 x 15 on :45 Shooters
	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 2:45 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,125	1x{4 x 75 on 1:55 Backstroke
	{6 x 75 on 1:50 Backstroke
	{5 x 75 on 1:45 Backstroke
500	20 x 25 on :45 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,225 Yards - Stress Value = 45

Workout #24720 - Wednesday, 06 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
150	12 x 25 on :45 Wednesday Warm-up
700	10 x 15 on :45 Shooters
	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
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Streamline Kick on Back
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{4 x 50 on 1:55 Backstroke
	{6 x 50 on 1:50 Backstroke
	{5 x 50 on 1:45 Backstroke
375	15 x 25 on 1:00 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,625 Yards - Stress Value = 35

Workout #24721 - Thursday, 07 November 2019

Group 3 - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
225	1 on 11:00 DS/Showers
1,500	15 x 15 on :45 Racing Skills-Crossover Turns
	1x{10 x 50 on :55 200 IM Pace
	{1 on 1:00 Rest
	{10 x 50 on :55 200 IM Pace
	{1 on 1:00 Rest
	{10 x 50 on :55 200 IM Pace
	1 on 10:00 Video Evaluations 2-
625	25 x 25 on :30 Your #2-100
80	4 x 20 on 3:00 Timed Underwaters
	7:01 AM 2,430 Yards - Stress Value = 224

Workout #24722 - Thursday, 07 November 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	W
225	1 on 15:00 DS/Showers		REC
750	15 x 15 on :45 Racing Skills-Fly Shooters	SP3	
	30 x 25 on :30 100 Fly Pace*	SP2	
1,500	1 on 5:00 Your Choice Recovery	REC	
	30 x 50 on :50 200 Free Pace*	SP2	
1,500	1 on 5:00 Your Choice Recovery	REC	
	30 x 50 on :55 200 Breast Pace*	SP2	
600	1 on 5:00 Your Choice Recovery	REC	
	30 x 20 on :25 100 Back Pace-Diving Well*	SP2	
	All sets individualized rest. Non best set 5:00		
	set 7:00 rest, make 24 in a row or finish set		
	6:21 PM 4,575 Yards - Stress Value = 444		

Workout #24723 - Thursday, 07 November 2019

Group 3 - Fly

1 minute rest between sets

5:30 PM Start

Yards	Set Description	EGY	WORK	STK
3,000	2x{1 x 200 on 2:40 Butterfly	EN2	S	FLY
	{2 x 25 on :30 200 Free Pace	EN2	S	FR
	{2 x 200 on 2:35 Butterfly	EN2	S	FLY
	{4 x 25 on :30 200 Free Pace	EN2	S	FR
	{3 x 200 on 2:30 Butterfly	EN2	S	FLY
	{6 x 25 on :30 200 Free Pace	SP2	S	FR
500	10 x 50 on 1:00 Stroke Drills	REC	D	CD
	6:24 PM 3,500 Yards - Stress Value = 84			

Workout #24724 - Thursday, 07 November 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Sun Yang Free w/snorkels
	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Fly Pace
1,050	1x{5 x 100 on 1:45 Fly Kick w/board
	{4 x 75 on 1:20 Fly Kick w/board
	{5 x 50 on :50 Fly Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 102

Workout #24725 - Thursday, 07 November 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
550	1 on 11:00 DS/Showers
150	1 x 550 on 9:00 Sun Yang Free w/snorkels
	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Fly Pace
900	1x{5 x 100 on 2:05 Fly Kick w/board
	{4 x 75 on 1:35 Fly Kick w/board
	{2 x 50 on 1:05 Fly Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,525 Yards - Stress Value = 86

Workout #24726 - Thursday, 07 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
750	1x{4 x 100 on 2:25 Fly Kick w/board { 4 x 75 on 1:50 Fly Kick w/board { 1 x 50 on 1:15 Fly Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 76

Workout #24727 - Thursday, 07 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Fly Pace
700	1x{3 x 100 on 2:40 Fly Kick w/board { 4 x 75 on 2:00 Fly Kick w/board { 2 x 50 on 1:20 Fly Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,150 Yards - Stress Value = 75

Workout #24728 - Thursday, 07 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day-Fly
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
600	1x{2 x 100 on 3:00 Fly Kick w/board { 4 x 75 on 2:15 Fly Kick w/board { 2 x 50 on 1:30 Fly Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,950 Yards - Stress Value = 68

Workout #24729 - Tuesday, 07 November 1989

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
	1 on 26:00 Teach Day-Fly

100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Fly Pace
450	1x{2 x 100 on 4:00 Fly Kick w/board { 2 x 75 on 3:00 Fly Kick w/board { 2 x 50 on 2:00 Fly Kick w/board
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,625 Yards - Stress Value = 53

Workout #24730 - Friday, 08 November 2019

Group 3 - USRPT

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 15:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
600	30 x 20 on :30 100 Back Pace*	SE
	1 on 7:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Fly Pace*	SE
	1 on 8:00 Foam Roll/Rllr Stick/Lacrss Ball	RE
600	30 x 20 on :30 100 Free Pace*	SE
	5:45 PM 2,025 Yards - Stress Value = 189	

Workout #24731 - Friday, 08 November 2019

Group 3 - IM'ers

1 minute rest between sets

4:15 PM Start

Yards	Set Description	EGY	WORK
=====	=====	==	====
	1 on 15:00 DS/Showers	REC	L
600	1 x 600 on 9:00 Reverse IM drill	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,200	1 x 1200 on 20:00 Vertical Kick	EN2	K
2,400	12x{1 x 100 on 1:10 Individual Medley	EN2	S
	{ 1 x 50 on :35 Freestyle	EN2	S
	{ 1 x 50 on :45 Freestyle	EN1	S
250	1 x 250 on 4:00 Stroke Drills	REC	D
	5:45 PM 4,600 Yards - Stress Value = 72		

Workout #24732 - Friday, 08 November 2019

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
=====	=====	==	====	=
	1 on 40:00 DS/Dryland	REC	L	I
500	4 x 125 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,600	8x{1 x 100 on 1:30 Individual Medley	EN2	S	
	{ 1 x 50 on :40 Freestyle	EN2	S	
	{ 1 x 50 on :55 Freestyle	REC	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	6:29 PM 2,450 Yards - Stress Value = 30			

Workout #24733 - Friday, 08 November 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
500	1 on 40:00 DS/Dryland	REC	L	I
150	4 x 125 on 2:15 SwimUSS	REC	D	
1,600	10 x 15 on :45 Shooters	SP3	S	
	8x{1 x 100 on 1:40 Individual Medley	EN2	S	
	{1 x 50 on :45 Freestyle	EN2	S	
	{1 x 50 on :55 Freestyle	REC	S	
	Don't do the last 50 of the 8th round			
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	6:31 PM 2,450 Yards - Stress Value = 30			

Workout #24734 - Friday, 08 November 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
400	1 on 40:00 DS/Dryland	REC	L	I
150	4 x 100 on 2:15 SwimUSS	REC	D	
1,400	10 x 15 on :45 Shooters	SP3	S	
	7x{1 x 100 on 1:50 Individual Medley	EN2	S	
	{1 x 50 on :50 Freestyle	EN2	S	
	{1 x 50 on 1:00 Freestyle	EN2	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	6:30 PM 2,150 Yards - Stress Value = 34			

Workout #24735 - Friday, 08 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
400	1 on 40:00 DS/Dryland	REC	L	I
150	4 x 100 on 2:15 SwimUSS	REC	D	
1,400	10 x 15 on :45 Shooters	SP3	S	
	7x{1 x 100 on 2:00 Individual Medley	EN2	S	
	{1 x 50 on :55 Freestyle	EN2	S	
	{1 x 50 on 1:05 Freestyle	REC	S	
	Don't do the 50's of the 7th round			
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	6:32 PM 2,150 Yards - Stress Value = 27			

Workout #24736 - Friday, 08 November 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S
300	1 on 40:00 DS/Dryland	REC	L	I
150	4 x 75 on 2:15 SwimUSS	REC	D	
1,000	10 x 15 on :45 Shooters	SP3	S	
	5x{1 x 100 on 2:30 Individual Medley	EN2	S	
	{1 x 50 on 1:10 Freestyle	EN2	S	
	{1 x 50 on 1:30 Freestyle	REC	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	6:30 PM 1,650 Yards - Stress Value = 21			

Workout #24737 - Friday, 08 November 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	S

	1 on 40:00 DS/Dryland	REC	L	I
300	4 x 75 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	4x{1 x 100 on 3:00 Individual Medley	EN2	S	
	{1 x 50 on 1:15 Freestyle	EN2	S	
	{1 x 50 on 1:45 Freestyle	REC	S	
200	1 x 200 on 4:00 Stroke Drills	REC	D	
	6:28 PM 1,450 Yards - Stress Value = 18			

Workout #24738 - Monday, 11 November 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

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

Workout #24739 - Monday, 11 November 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 DS>Showers	REC	
225	15 x 15 on :45 Racing Skills #1 Shooter	SP3	
3,000	30 x 100 on 1:30 1650 Free Pace	SP2	
	Make one subtract one		
160	8 x 20 on 3:00 Timed Underwaters-S	SP3	
	5:43 PM 3,385 Yards - Stress Value = 315		

Workout #24740 - Monday, 11 November 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description	
	1 on 35:00 DS/Dryland	
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP	
150	10 x 15 on :45 Shooters	
950	1x{8 x 25 on :30 Kick no board BSLR	
	{1 x 100 on 2:00 Streamline Kick on Back	
	{6 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 2:00 Streamline Kick on Back	
	{4 x 25 on :30 Kick no board BSLR	
	{2 x 100 on 2:00 Streamline Kick on Back	
100	1x{4 x 25 on 1:00 Odds face in sculling drills	
	{ Evens-underwaters, count kicks	
1,500	1x{8 x 75 on 1:20 Back L.25 11 KOW	
	{6 x 75 on 1:15 Back L.25 9 KOW	
	{4 x 75 on 1:10 Back L.25 7 KOW	
	{2 x 75 on 1:05 Back L.25 5 KOW	
750	30 x 25 on :30 USRPT-100 Back Pace	
	1 on 10:00 Game	
200	1 x 200 on 4:00 Stroke Drills	
	7:30 PM 4,250 Yards - Stress Value = 130	

Workout #24741 - Monday, 11 November 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:10 Streamline Kick on Back
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:10 Streamline Kick on Back
 {2 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:10 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{8 x 75 on 1:25 Back L.25 11 KOW
 {5 x 75 on 1:20 Back L.25 9 KOW
 {3 x 75 on 1:15 Back L.25 7 KOW
 {2 x 75 on 1:10 Back L.25 5 KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,825 Yards - Stress Value = 112

Workout #24742 - Monday, 11 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:45 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{7 x 75 on 1:35 Back L.25 9 KOW
 {6 x 75 on 1:30 Back L.25 7 KOW
 {3 x 75 on 1:25 Back L.25 5 KOW
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 106

Workout #24743 - Monday, 11 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{6 x 75 on 1:40 Back L.25 9 KOW
 {5 x 75 on 1:35 Back L.25 7 KOW
 {4 x 75 on 1:30 Back L.25 5 KOW
 500 20 x 25 on :45 USRPT-100 Back Pace

1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,225 Yards - Stress Value = 93

Workout #24744 - Monday, 11 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 2:45 Streamline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 2:45 Streamline Kick on Back
 {4 x 25 on 1:00 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 975 1x{6 x 75 on 1:55 Back L.25 7 KOW
 {4 x 75 on 1:50 Back L.25 5 KOW
 {3 x 75 on 1:45 Back L.25 3 KOW
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,800 Yards - Stress Value = 37

Workout #24745 - Monday, 11 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 3:00 Streamline Kick on Back
 {4 x 25 on 1:00 Kick no board BSLR
 {2 x 100 on 3:00 Streamline Kick on Back
 {2 x 25 on 1:00 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{6 x 50 on 1:55 Back L.25 7 KOW
 {4 x 50 on 1:50 Back L.25 5 KOW
 {3 x 50 on 1:45 Back L.25 3 KOW
 375 15 x 25 on 1:00 USRPT-100 Back Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,375 Yards - Stress Value = 30

Workout #24746 - Tuesday, 12 November 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description EGY
 =====
 1 on 40:00 DS/Weights/Back to Pool REC
 225 15 x 15 on :45 Racing Skills-Back Shooters SP3
 1,500 30 x 50 on :55 200 Breast Pace SP2
 1 on 6:00 Recovery #1 REC
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 6:00 Recovery #2 REC
 750 30 x 25 on :30 100 Fly Pace SP2
 1 on 6:00 Recovery #3 REC
 750 30 x 25 on :30 100 Back Pace SP2
 50 1 x 50 on 8:00 Timed Swim Off the Blocks SP2
 8:16 AM 4,775 Yards - Stress Value = 464

Workout #24747 - Tuesday, 12 November 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

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

Workout #24748 - Tuesday, 12 November 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Dryland		
600	1 x 600 on 9:00 SunYangFree-Count strokes		
150	10 x 15 on :45 Shooters		
1,000	1x{5 x 100 on 1:50 Fly Kick w/board		
	{4 x 75 on 1:25 Fly Kick w/board		
	{4 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		
1,350	1x{1 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
	{2 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
	{3 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
	{4 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
	{5 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
	{6 x 50 on :55 Butterfly		
	{1 x 50 on :50 Freestyle		
750	30 x 25 on :30 USRPT-100 Fly Pace		
	1 on 10:00 Racing Skills-Relay Starts		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 4,150 Yards - Stress Value = 124		

Workout #24749 - Tuesday, 12 November 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Dryland		
550	1 x 550 on 9:00 SunYangFree-Count strokes		
150	10 x 15 on :45 Shooters		
900	1x{5 x 100 on 2:05 Fly Kick w/board		
	{4 x 75 on 1:35 Fly Kick w/board		
	{2 x 50 on 1:05 Fly Kick w/board		
100	1x{4 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
1,250	1x{1 x 50 on 1:00 Butterfly		
	{1 x 50 on :50 Freestyle		
	{2 x 50 on 1:00 Butterfly		
	{1 x 50 on :50 Freestyle		
	{3 x 50 on 1:00 Butterfly		
	{1 x 50 on :50 Freestyle		
	{4 x 50 on 1:00 Butterfly		
	{1 x 50 on :50 Freestyle		
	{5 x 50 on 1:00 Butterfly		
	{1 x 50 on :50 Freestyle		

	{5 x 50 on 1:00 Butterfly		
625	25 x 25 on :35 USRPT-100 Fly Pace		
	1 on 10:00 Racing Skills-Relay Starts		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 3,775 Yards - Stress Value = 108		

Workout #24750 - Tuesday, 12 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Dryland		
500	1 x 500 on 9:00 SunYangFree-Count strokes		
150	10 x 15 on :45 Shooters		
750	1x{4 x 100 on 2:25 Fly Kick w/board		
	{4 x 75 on 1:50 Fly Kick w/board		
	{1 x 50 on 1:15 Fly Kick w/board		
100	1x{4 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
1,100	1x{1 x 50 on 1:10 Butterfly		
	{1 x 50 on :55 Freestyle		
	{2 x 50 on 1:10 Butterfly		
	{1 x 50 on :55 Freestyle		
	{3 x 50 on 1:10 Butterfly		
	{1 x 50 on :55 Freestyle		
	{4 x 50 on 1:10 Butterfly		
	{1 x 50 on :55 Freestyle		
	{5 x 50 on 1:10 Butterfly		
	{1 x 50 on :55 Freestyle		
	{2 x 50 on 1:10 Butterfly		
550	22 x 25 on :40 USRPT-100 Fly Pace		
	1 on 10:00 Racing Skills-Relay Starts		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 3,350 Yards - Stress Value = 94		

Workout #24751 - Tuesday, 12 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description	EGY	WOF
	1 on 35:00 DS/Dryland		
450	1 x 450 on 9:00 SunYangFree-Count strokes		
150	10 x 15 on :45 Shooters		
700	1x{3 x 100 on 2:40 Fly Kick w/board		
	{4 x 75 on 2:00 Fly Kick w/board		
	{2 x 50 on 1:20 Fly Kick w/board		
100	1x{4 x 25 on 1:00 Odds face in sculling drills		
	{ Evens-underwaters, count kicks		
1,050	1x{1 x 50 on 1:15 Butterfly		
	{1 x 50 on 1:00 Freestyle		
	{2 x 50 on 1:15 Butterfly		
	{1 x 50 on 1:00 Freestyle		
	{3 x 50 on 1:15 Butterfly		
	{1 x 50 on 1:00 Freestyle		
	{4 x 50 on 1:15 Butterfly		
	{1 x 50 on 1:00 Freestyle		
	{5 x 50 on 1:15 Butterfly		
	{1 x 50 on 1:00 Freestyle		
	{1 x 50 on 1:15 Butterfly		
500	20 x 25 on :45 USRPT-100 Fly Pace		
	1 on 10:00 Racing Skills-Relay Starts		
200	1 x 200 on 4:00 Stroke Drills		
	7:30 PM 3,150 Yards - Stress Value = 87		

Workout #24752 - Tuesday, 12 November 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 SunYangFree-Count strokes
600	10 x 15 on :45 Shooters
100	1x{2 x 100 on 3:00 Fly Kick w/board
	{ 4 x 75 on 2:15 Fly Kick w/board
	{ 2 x 50 on 1:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 50 on 1:30 Butterfly
	{ 1 x 50 on 1:10 Freestyle
	{ 2 x 50 on 1:30 Butterfly
	{ 1 x 50 on 1:10 Freestyle
	{ 3 x 50 on 1:30 Butterfly
	{ 1 x 50 on 1:10 Freestyle
	{ 4 x 50 on 1:30 Butterfly
	{ 1 x 50 on 1:10 Freestyle
450	{ 3 x 50 on 1:30 Butterfly
	18 x 25 on :50 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,750 Yards - Stress Value = 77

Yards	Set Description
5:15 PM	Start
450	1 on 35:00 DS/Dryland
150	18 x 25 on :30 Wednesday Warm-up
950	10 x 15 on :45 Shooters
1x{	1 x 200 on 3:50 Breast Kick w/board
	{ 4 x 25 on :30 Breast Kick on Back-Streamline
	{ 1 x 200 on 3:55 Breast Kick w/board
	{ 4 x 25 on :30 Breast Kick on Back-Streamline
	{ 1 x 200 on 4:00 Breast Kick w/board
	{ 4 x 25 on :30 Breast Kick on Back-Streamline
	{ 1 x 50 on 1:00 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{5 x 100 on 1:40 Breaststroke
	{ 1 on 1:00 Rest
	{ 4 x 100 on 1:40 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 1:40 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 1:40 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skill-LP turns
250	1 x 250 on 4:00 Stroke Drills
7:30 PM	3,825 Yards - Stress Value = 110

Workout #24756 - Wednesday, 13 November 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 SunYangFree-Count strokes
450	10 x 15 on :45 Shooters
100	1x{2 x 100 on 4:00 Fly Kick w/board
	{ 2 x 75 on 3:00 Fly Kick w/board
	{ 2 x 50 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
600	1x{1 x 50 on 2:15 Butterfly
	{ 1 x 50 on 1:30 Freestyle
	{ 1 x 50 on 1:30 Freestyle
	{ 2 x 50 on 2:15 Butterfly
	{ 3 x 50 on 2:15 Butterfly
	{ 1 x 50 on 1:30 Freestyle
	{ 3 x 50 on 2:15 Butterfly
375	15 x 25 on 1:00 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM	2,225 Yards - Stress Value = 63

Yards	Set Description
5:15 PM	Start
375	1 on 35:00 DS/Dryland
150	15 x 25 on :35 Wednesday Warm-up
850	10 x 15 on :45 Shooters
1x{	1 x 200 on 4:10 Breast Kick w/board
	{ 4 x 25 on :35 Breast Kick on Back-Streamline
	{ 1 x 200 on 4:15 Breast Kick w/board
	{ 4 x 25 on :35 Breast Kick on Back-Streamline
	{ 1 x 200 on 4:20 Breast Kick w/board
	{ 2 x 25 on :35 Breast Kick on Back-Streamline
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{5 x 100 on 1:50 Breaststroke
	{ 1 on 1:00 Rest
	{ 4 x 100 on 1:50 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 1:50 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skill-LP turns
250	1 x 250 on 4:00 Stroke Drills
7:29 PM	3,550 Yards - Stress Value = 106

Workout #24754 - Wednesday, 13 November 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	W
4:10 PM	Start		
	1 on 30:00 Team Pictures		
	1 on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills-#2 Shooter	SP3	
1,500	30 x 50 on :55 Your #1 non free 200 pace*	SP2	
	If you finish before 5:30, do timed underwater		
5:30 PM	1,725 Yards - Stress Value = 159		

Workout #24755 - Wednesday, 13 November 2019

Group 2 - Breast

1 minute rest between sets

Workout #24757 - Wednesday, 13 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 650 13 x 50 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 775 1x{1 x 200 on 4:30 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 175 on 4:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{4 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:00 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skill-LP turns
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,575 Yards - Stress Value = 97

Workout #24758 - Wednesday, 13 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 2:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{4 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:10 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skill-LP turns
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 3,050 Yards - Stress Value = 93

Workout #24759 - Wednesday, 13 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 650 1x{1 x 150 on 4:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 4:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

800 1x{4 x 100 on 2:40 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:40 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 2:40 Breaststroke
 450 18 x 25 on :50 USRPT-100 Breast Pace
 1 on 10:00 Racing Skill-LP turns
 250 1 x 250 on 4:00 Stroke Drills
 7:29 PM 2,700 Yards - Stress Value = 78

Workout #24760 - Wednesday, 13 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 500 1x{1 x 100 on 4:00 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlin
 {1 x 150 on 4:05 Breast Kick w/board
 {4 x 25 on 1:00 Breast Kick on Back-Streamlin
 {1 x 50 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{3 x 100 on 3:20 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 3:20 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 3:20 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:40 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Racing Skill-LP turns
 250 1 x 250 on 4:00 Stroke Drills
 7:30 PM 2,325 Yards - Stress Value = 65

Workout #24761 - Thursday, 14 November 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
 Yards Set Description
 =====
 1 on 40:00 DS/Weights/Back to Pool RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 1,500 30 x 50 on :50 200 Back Pace SF
 1 on 8:00 Recovery #1 RE
 1,000 40 x 25 on :30 200 Fly Pace SF
 1 on 8:00 Recovery #2 RE
 750 30 x 25 on :30 100 Free Pace SF
 1 on 8:00 Recovery #3 RE
 750 30 x 25 on :30 100 Breast Pace SF
 100 1 x 100 on 9:00 Timed Swim Off the Blocks SF
 8:15 AM 4,325 Yards - Stress Value = 419

Workout #24762 - Thursday, 14 November 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
 Yards Set Description
 =====
 1 on 10:00 DS>Showers RE
 225 15 x 15 on :45 Racing Skills-Crossover Turns SF
 2,250 30 x 75 on 1:10 1000 Free Pace SF
 Make one subtract one
 160 8 x 20 on 3:00 Timed underwater-B EN
 1 on 10:00 Team Mtg-Starts at 5:20 RE
 5:43 PM 2,635 Yards - Stress Value = 237

Workout #24763 - Thursday, 14 November 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
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 1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,750 Yards - Stress Value = 100

Workout #24764 - Thursday, 14 November 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
900	1x{2 x 150 on 3:05 Free Kick w/board {2 x 125 on 2:35 Free Kick w/board {2 x 100 on 2:05 Free Kick w/board {2 x 75 on 1:35 Free Kick w/board 1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,650 Yards - Stress Value = 99

Workout #24765 - Thursday, 14 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
850	1x{2 x 150 on 3:20 Free Kick w/board {2 x 125 on 2:45 Free Kick w/board {2 x 100 on 2:15 Free Kick w/board {2 x 50 on 1:05 Free Kick w/board 1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,425 Yards - Stress Value = 85

Workout #24766 - Thursday, 14 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

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

	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
800	1x{2 x 150 on 3:35 Free Kick w/board {2 x 125 on 2:55 Free Kick w/board {2 x 100 on 2:20 Free Kick w/board {1 x 50 on 1:10 Free Kick w/board 1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,325 Yards - Stress Value = 84

Workout #24767 - Thursday, 14 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{2 x 150 on 4:10 Free Kick w/board {2 x 100 on 2:45 Free Kick w/board {2 x 75 on 2:15 Free Kick w/board 1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,000 Yards - Stress Value = 74

Workout #24768 - Thursday, 14 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	1 x 300 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{2 x 150 on 4:30 Free Kick w/board {2 x 100 on 3:00 Free Kick w/board {2 x 50 on 1:30 Free Kick w/board 1 on 26:00 TEACH DAY-Freestyle
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Racing Skills-TN turn drills
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,900 Yards - Stress Value = 73

Workout #24769 - Friday, 15 November 2019

HighSchl - USRPT

1 minute rest between sets

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

Workout #24770 - Friday, 15 November 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	W
4:10 PM	Start		
1	on 10:00 DS/Showers	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	1x{30 x 25 on :30 100 Free Pace	SP2	
	{1 on 10:00 Racing Skills-TN Turn Drills	REC	
	1 on 2:00 Transition between pools	REC	
900	1x{30 x 20 on :30 100 Fly Pace-Diving Well	SP2	
	{8 x 15 on :25 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2	
	{1 on :30 Rest	REC	
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2	
	1 on 6:00 Group Challenge!	SP1	
5:30 PM	1,890 Yards - Stress Value = 151		

Workout #24771 - Friday, 15 November 2019

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description	EGY	W
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
500	4 x 125 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,600	8x{1 x 100 on 1:30 Individual Medley	EN2	S
	{1 x 50 on :40 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:29 PM	2,450 Yards - Stress Value = 30		

Workout #24772 - Friday, 15 November 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	W
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
500	4 x 125 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,600	8x{1 x 100 on 1:40 Individual Medley	EN2	S
	{1 x 50 on :45 Freestyle	EN2	S
	{1 x 50 on :55 Freestyle	REC	S
	Dont do the last 50 of the 8th round		
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:31 PM	2,450 Yards - Stress Value = 30		

Workout #24773 - Friday, 15 November 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	W
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
400	4 x 100 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,400	7x{1 x 100 on 1:50 Individual Medley	EN2	S
	{1 x 50 on :50 Freestyle	EN2	S
	{1 x 50 on 1:00 Freestyle	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:30 PM	2,150 Yards - Stress Value = 34		

Workout #24774 - Friday, 15 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	W
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
400	4 x 100 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,400	7x{1 x 100 on 2:00 Individual Medley	EN2	S
	{1 x 50 on :55 Freestyle	EN2	S
	{1 x 50 on 1:05 Freestyle	REC	S
	Don't do the 50's of the 7th round		
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:32 PM	2,150 Yards - Stress Value = 27		

Workout #24775 - Friday, 15 November 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	W
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
300	4 x 75 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
1,000	5x{1 x 100 on 2:30 Individual Medley	EN2	S
	{1 x 50 on 1:10 Freestyle	EN2	S
	{1 x 50 on 1:30 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:30 PM	1,650 Yards - Stress Value = 21		

Workout #24776 - Friday, 15 November 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	W
5:00 PM	Start		
1	on 40:00 DS/Dryland	REC	L I
300	4 x 75 on 2:15 SwimUSS	REC	D
150	10 x 15 on :45 Shooters	SP3	S
800	4x{1 x 100 on 3:00 Individual Medley	EN2	S
	{1 x 50 on 1:15 Freestyle	EN2	S
	{1 x 50 on 1:45 Freestyle	REC	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
6:28 PM	1,450 Yards - Stress Value = 18		

Workout #24777 - Saturday, 16 November 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
	7:00 AM Start		
240	1 on 25:00 Design and Implement Qswim DS	REC	
1,000	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 6:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Back Pace	SP2	
	1 on 6:00 Recovery #2	REC	
1,000	40 x 25 on :30 200 Breast Pace	SP2	
	1 on 7:00 Recovery #3	REC	
1,000	40 x 25 on :30 200 Free Pace	SP2	
	1 on 10:00 Lane Line Survivor	EN2	
	9:30 AM 4,240 Yards - Stress Value = 410		

Workout #24778 - Monday, 18 November 2019

HighSchl - USRPT

1 minute rest between sets

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

Workout #24779 - Monday, 18 November 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
	4:10 PM Start		
225	1 on 10:00 DS/Showers	REC	
3,000	15 x 15 on :45 Racing Skills #1 Shooter	SP3	
	30 x 100 on 1:30 1650 Free Pace	SP2	
	Make one subtract one		
160	8 x 20 on 3:00 Timed Underwaters-S	SP3	
	5:43 PM 3,385 Yards - Stress Value = 315		

Workout #24780 - Monday, 18 November 2019

Group 2 - Fly

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
450	1 on 35:00 DS/Dryland
	18 x 25 on :30 Wednesday Warm-up
	2-12, 4-13, 6-14, 6-15
150	10 x 15 on :45 Shooters
1,050	1x{5 x 100 on 1:50 Fly Kick w/board
	{4 x 75 on 1:25 Fly Kick w/board
	{5 x 50 on :50 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{Evens-underwaters, count kicks
1,350	1x{1 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{3 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle

	{4 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{5 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{6 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Crossover turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 125

Workout #24781 - Monday, 18 November 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
	5:15 PM Start
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
900	1x{5 x 100 on 2:05 Fly Kick w/board
	{4 x 75 on 1:35 Fly Kick w/board
	{2 x 50 on 1:05 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{Evens-underwaters, count kicks
1,300	1x{1 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{3 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{4 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{4 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{3 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,825 Yards - Stress Value = 107

Workout #24782 - Monday, 18 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 800 1x{4 x 100 on 2:20 Fly Kick w/board
 {4 x 75 on 1:40 Fly Kick w/board
 {2 x 50 on 1:10 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {2 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 50 on 1:10 Butterfly
 {1 x 50 on :55 Freestyle
 {4 x 50 on 1:05 Butterfly
 {1 x 50 on :55 Freestyle
 {3 x 50 on 1:05 Butterfly
 {1 on :55 Freestyle
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,400 Yards - Stress Value = 95

Workout #24783 - Monday, 18 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{3 x 100 on 2:35 Fly Kick w/board
 {4 x 75 on 1:55 Fly Kick w/board
 {2 x 50 on 1:20 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{1 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {4 x 50 on 1:15 Butterfly
 {1 x 50 on 1:00 Freestyle
 {3 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 {2 x 50 on 1:10 Butterfly
 {1 x 50 on 1:00 Freestyle
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,150 Yards - Stress Value = 86

Workout #24784 - Monday, 18 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{2 x 100 on 3:00 Fly Kick w/board

{4 x 75 on 2:15 Fly Kick w/board
 {2 x 50 on 1:30 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{1 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {2 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:30 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:25 Butterfly
 {1 x 50 on 1:10 Freestyle
 {3 x 50 on 1:25 Butterfly
 {1 x 50 on 1:10 Freestyle
 {1 x 50 on 1:25 Butterfly
 450 18 x 25 on :50 USRPT-100 Fly Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,800 Yards - Stress Value = 77

Workout #24785 - Monday, 18 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 450 1x{2 x 100 on 4:00 Fly Kick w/board
 {2 x 75 on 3:00 Fly Kick w/board
 {2 x 50 on 2:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 600 1x{1 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {1 x 50 on 1:30 Freestyle
 {2 x 50 on 2:15 Butterfly
 {3 x 50 on 2:15 Butterfly
 {1 x 50 on 1:30 Freestyle
 {3 x 50 on 2:15 Butterfly
 375 15 x 25 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Relay
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,225 Yards - Stress Value = 63

Workout #24786 - Tuesday, 19 November 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 1 on 38:00 DS/Weights/Back to Pool REC
 225 15 x 15 on :45 Racing Skills-Back Shooters SP3
 1,500 30 x 50 on :50 200 Free Pace SP2
 1 on 5:00 Recovery #1 REC
 1,500 30 x 50 on :50 200 Fly Pace SP2
 100 1 x 100 on 5:00 Recovery #2 REC
 750 30 x 25 on :30 100 Back Pace SP2
 1 on 5:00 Recovery #3 REC
 750 30 x 25 on :30 100 Breast Pace SP2
 9:30 AM 4,825 Yards - Stress Value = 459

Workout #24787 - Tuesday, 19 November 2019

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY W
 =====
 1 on 10:00 DS>Showers REC
 1 on 5:00 Vertical Kick/Missle Turns SP1
 50 1 x 50 on 10:00 50 Breast for Time OTB 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
 200 8 x 25 on 3:00 50 Free Pace SP2
 1 on 10:00 Team Mtg REC
 4:31 PM 1,750 Yards - Stress Value = 175

Workout #24788 - Tuesday, 19 November 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 950 1x{8 x 25 on :30 Kick no board BSLR
 {1 x 100 on 1:50 Streamline Kick on Back
 {6 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Streamline Kick on Back
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:50 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,575 1x{8 x 75 on 1:15 Back 1st 25 11 KOW
 {6 x 75 on 1:10 Back 1st 25 9 KOW
 {4 x 75 on 1:05 Back 1st.25 7 KOW
 {3 x 75 on 1:00 Back 1st 25 5 KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,325 Yards - Stress Value = 131

Workout #24789 - Tuesday, 19 November 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 850 1x{8 x 25 on :35 Kick no board BSLR
 {1 x 100 on 2:05 Streamline Kick on Back
 {4 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Streamline Kick on Back
 {2 x 25 on :35 Kick no board BSLR
 {2 x 100 on 2:05 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{8 x 75 on 1:20 Back 1st 25 11 KOW
 {6 x 75 on 1:15 Back 1st 25 9 KOW
 {4 x 75 on 1:10 Back 1st 25 7 KOW
 {2 x 75 on 1:05 Back 1st 25 5 KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,975 Yards - Stress Value = 115

Workout #24790 - Tuesday, 19 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 100 on 2:20 Streamline Kick on Back
 {4 x 25 on :40 Kick no board BSLR
 {2 x 75 on 1:45 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{7 x 75 on 1:35 Back 1st 25 9 KOW
 {6 x 75 on 1:30 Back 1st.25 7 KOW
 {3 x 75 on 1:25 Back 1st 25 5 KOW
 625 25 x 25 on :35 USRPT 100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 106

Workout #24791 - Tuesday, 19 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 700 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board BSLR
 {2 x 100 on 2:30 Streamline Kick on Back
 {4 x 25 on :45 Kick no board BSLR
 {1 x 100 on 2:30 Streamline Kick on Back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{6 x 75 on 1:40 Back 1st 25 9 KOW
 {5 x 75 on 1:35 Back 1st 25 7 KOW
 {4 x 75 on 1:30 Back 1st 25 5 KOW
 500 20 x 25 on :45 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Relay Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,225 Yards - Stress Value = 93

Workout #24792 - Tuesday, 19 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 2:45 Streamline Kick on Back {4 x 25 on :30 Kick no board BSLR {2 x 100 on 2:45 Streamline Kick on Back {4 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
975	1x{6 x 75 on 1:55 Back 1st 25 7 KOW {4 x 75 on 1:50 Back 1st 25 5 KOW {3 x 75 on 1:45 Back 1st 25 3 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 37

Workout #24793 - Tuesday, 19 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on 1:00 Kick no board BSLR {1 x 100 on 3:00 Streamline Kick on Back {4 x 25 on 1:00 Kick no board BSLR {2 x 100 on 3:00 Streamline Kick on Back {2 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
650	1x{6 x 50 on 1:55 Back 1st 25 7 KOW {4 x 50 on 1:50 Back 1st 25 5 KOW {3 x 50 on 1:45 Back 1st 25 3 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace 1 on 10:00 Racing Skills-Relay Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,375 Yards - Stress Value = 30

Workout #24794 - Wednesday, 20 November 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 10:00 DS>Showers		REC
225	15 x 15 on :45 Racing Skills-#2 Shooters		SP3
1,500	30 x 50 on :55 #1 Non 200 Free		SP2
	1 on 18:00 Racing Skills-TN Turn Drill		REC
100	1 x 100 on 10:00 100 Free for time-OTB		SP1
	5:30 PM 1,825 Yards - Stress Value = 167		

Workout #24795 - Wednesday, 20 November 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up 2-12, 4-13, 6-14, 6-15

150	10 x 15 on :45 Shooters
1,050	1x{2 x 150 on 2:45 Free Kick w/board {2 x 125 on 2:15 Free Kick w/board {2 x 100 on 1:45 Free Kick w/board {2 x 75 on 1:20 Free Kick w/board {3 x 50 on :55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,750	1x{1 x 400 on 5:35 Freestyle {3 x 100 on 1:25 Freestyle {1 x 300 on 4:10 Freestyle {3 x 100 on 1:25 Freestyle {1 x 250 on 3:30 Freestyle {2 x 100 on 1:25 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,450 Yards - Stress Value = 137

Workout #24796 - Wednesday, 20 November 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up 2-14, 4-15, 6-16, 3-17
150	10 x 15 on :45 Shooters
950	1x{2 x 150 on 2:55 Free Kick w/board {2 x 125 on 2:25 Free Kick w/board {2 x 100 on 1:55 Free Kick w/board {2 x 75 on 1:25 Free Kick w/board {1 x 50 on :55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,600	1x{1 x 400 on 6:00 Freestyle {3 x 100 on 1:35 Freestyle {1 x 300 on 4:30 Freestyle {3 x 100 on 1:35 Freestyle {1 x 200 on 3:00 Freestyle {1 x 100 on 1:35 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,125 Yards - Stress Value = 132

Workout #24797 - Wednesday, 20 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up 2-15, 4-16, 4-17, 3-18
150	10 x 15 on :45 Shooters
800	1x{2 x 150 on 3:25 Free Kick w/board 2 x 125 on 2:50 Free Kick w/board 2 x 100 on 2:15 Free Kick w/board 1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,450	1x{1 x 250 on 4:05 Freestyle 3 x 100 on 1:45 Freestyle 1 x 200 on 3:15 Freestyle 3 x 100 on 1:45 Freestyle 1 x 200 on 3:15 Freestyle 2 x 100 on 1:45 Freestyle
625	25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,650 Yards - Stress Value = 113

Workout #24798 - Wednesday, 20 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up 2-16, 4-17, 4-18, 3-19
150	10 x 15 on :45 Shooters
750	1x{2 x 150 on 3:45 Free Kick w/board 2 x 125 on 3:05 Free Kick w/board 2 x 100 on 2:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,250	1x{1 x 300 on 5:40 Freestyle 3 x 100 on 1:55 Freestyle 1 x 200 on 3:45 Freestyle 3 x 100 on 1:55 Freestyle 1 x 150 on 2:50 Freestyle
625	25 x 25 on :35 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,400 Yards - Stress Value = 108

Workout #24799 - Wednesday, 20 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up 1-18, 2-19, 3-20, 4-21
150	10 x 15 on :45 Shooters
650	1x{2 x 150 on 4:10 Free Kick w/board 2 x 100 on 2:45 Free Kick w/board 2 x 75 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
950	1x{1 x 250 on 6:15 Freestyle 3 x 100 on 2:35 Freestyle

	{1 x 200 on 5:00 Freestyle
	{2 x 100 on 2:35 Freestyle
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 93

Workout #24800 - Wednesday, 20 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up 1-20, 2-21, 3-22, 4-23
150	10 x 15 on :45 Shooters
600	1x{2 x 150 on 4:30 Free Kick w/board 2 x 100 on 3:00 Free Kick w/board 2 x 50 on 1:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks 100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
950	1x{1 x 200 on 5:15 Freestyle 3 x 100 on 2:45 Freestyle 1 x 150 on 4:00 Freestyle 3 x 100 on 2:45 Freestyle
550	22 x 25 on :40 USRPT-100 Free Pace 1 on 10:00 Racing Skills-Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 92

Workout #24801 - Thursday, 21 November 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

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

Workout #24802 - Thursday, 21 November 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 10:00 DS/Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
2,250	30 x 75 on 1:10 500 Free Pace	SE
	Make one subtract one	
160	8 x 20 on 3:00 Timed underwater-B	EM
	1 on 10:00 Team Mtg-Starts at 5:20	RE
	5:43 PM 2,635 Yards - Stress Value = 237	

Workout #24803 - Friday, 22 November 2019

HighSchl - USRPT

1 minute rest between sets

Meters	Set Description	EGY	WORK	STK
5:30 AM	Start			
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3		
1,000	40 x 25 on :30 200 Fly Pace	SP2		
	1 on 8:00 Recovery #1	REC		
1,500	30 x 50 on :50 200 Free Pace	SP2		
	1 on 8:00 Recovery #2	REC		
750	30 x 25 on :30 100 Breast Pace	SP2		
	1 on 8:00 Recovery #3	REC		
750	30 x 25 on :30 100 Back Pace	SP2		
	1 on 10:00 Tic Tac Toe Relay	EN2		
8:15 AM	4,225 Meters - Stress Value = 451			

Workout #24804 - Friday, 22 November 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
4:10 PM	Start			
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3		
750	1x{30 x 25 on :30 100 Back Pace	SP2		
	{1 on 10:00 Racing Skills-TN Turn Drills	EN2		
	1 on 2:00 Transition between pools	REC		
900	1x{30 x 20 on :30 100 Breast Pace-Diving Well	EN2		
	{8 x 15 on :25 Undr Wtr Fly Kck	SP2		
	{1 on :30 Rest	REC		
	{6 x 15 on :20 Undr Wtr Fly Kck	SP2		
	{1 on :30 Rest	REC		
	{4 x 15 on :15 Undr Wtr Fly Kck	SP2		
	{1 on :30 Rest	REC		
	{2 x 15 on :10 Undr Wtr Fly Kck	SP2		
	1 on 6:00 Group Challenge!	REC		
5:30 PM	1,890 Yards - Stress Value = 151			

Workout #24805 - Friday, 22 November 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
500	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 125 on 2:15 SwimUSS	REC	D	FR
1,300	10 x 15 on :45 Shooters	SP3	S	BR
	1x{5 x 100 on 1:40 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{4 x 100 on 1:40 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:35 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:35 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
6:29 PM	2,200 Yards - Stress Value = 32			

Workout #24806 - Friday, 22 November 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
500	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 125 on 2:15 SwimUSS	REC	D	FR
1,200	10 x 15 on :45 Shooters	SP3	S	BR
	1x{5 x 100 on 1:50 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	

{3 x 100 on 1:45 Breaststroke	EN2	S	BR
{1 on 1:00 Rest	REC	M	
{2 x 100 on 1:45 Breaststroke	EN2	S	BR
{1 on 1:00 Rest	REC	M	
{2 x 100 on 1:45 Breaststroke	EN2	S	BR
1 x 250 on 4:00 Stroke Drills	REC	D	CD
6:29 PM	2,100 Yards - Stress Value = 30		

Workout #24807 - Friday, 22 November 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 100 on 2:15 SwimUSS	REC	D	FR
1,100	10 x 15 on :45 Shooters	SP3	S	BR
	1x{4 x 100 on 2:00 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 2:00 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:55 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 1:55 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
6:29 PM	1,900 Yards - Stress Value = 28			

Workout #24808 - Friday, 22 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
400	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 100 on 2:15 SwimUSS	REC	D	FR
1,000	10 x 15 on :45 Shooters	SP3	S	BR
	1x{4 x 100 on 2:15 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 2:15 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 2:10 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 2:10 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
6:30 PM	1,800 Yards - Stress Value = 26			

Workout #24809 - Friday, 22 November 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
300	1 on 40:00 DS/Dryland	REC	L	DRY
150	4 x 75 on 2:15 SwimUSS	REC	D	FR
900	10 x 15 on :45 Shooters	SP3	S	BR
	1x{4 x 100 on 2:35 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{3 x 100 on 2:35 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 2:30 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
6:30 PM	1,600 Yards - Stress Value = 24			

Workout #24810 - Friday, 22 November 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description	EGY	WORK	STK
5:00 PM	Start			
1	on 40:00 DS/Dryland	REC	L	DRY
300	4 x 75 on 2:15 SwimUSS	REC	D	FR
150	10 x 15 on :45 Shooters	SP3	S	BR
700	1x{3 x 100 on 3:15 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{2 x 100 on 3:10 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	REC	M	
	{1 x 100 on 3:05 Breaststroke	EN2	S	BR
	{1 on 1:00 Rest	M		
	{1 x 100 on 3:00 Breaststroke	EN2	S	BR
250	1 x 250 on 4:00 Stroke Drills	REC	D	CD
6:30 PM	1,400 Yards - Stress Value = 20			

Workout #24811 - Saturday, 23 November 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WC
7:00 AM	Start		
1	on 15:00 Qswim DS/Shower	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
1,000	40 x 25 on :30 200 Back Pace	SP2	
	1 on 8:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Breast Pace	SP2	
	1 on 8:00 Recovery #2	REC	
1,000	40 x 25 on :30 200 Free Pace	SP2	
	1 on 8:00 Recovery #3	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 10:00 Lane Line Survivor	EN2	
9:25 AM	4,240 Yards - Stress Value = 410		

Workout #24812 - Monday, 25 November 2019

HighSchl - USRPT

1 minute rest between sets

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

Workout #24813 - Monday, 25 November 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EGY	WOF
4:10 PM	Start		
1	on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills #1 Shooter	SP3	
2,400	24 x 100 on 1:30 1650 Free Pace	SP2	
	Sets of 3: #1 +1, #2 -2, #3 Rec		
140	7 x 20 on 3:00 Timed Underwaters-S	SP3	
5:31 PM	2,765 Yards - Stress Value = 255		

Workout #24814 - Monday, 25 November 2019

Group 2 - Freestylers

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1,000	1x{2 x 150 on 2:45 Free Kick w/board
	{2 x 125 on 2:20 Free Kick w/board
	{2 x 100 on 1:50 Free Kick w/board
	{2 x 75 on 1:25 Free Kick w/board
	{2 x 50 on :55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,750	1x{1 x 400 on 5:40 Freestyle
	{3 x 100 on 1:25 Freestyle
	{1 x 300 on 4:15 Freestyle
	{3 x 100 on 1:25 Freestyle
	{1 x 250 on 3:35 Freestyle
	{2 x 100 on 1:20 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,550 Yards - Stress Value = 136

Workout #24815 - Monday, 25 November 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
1	on 35:00 DS/Dryland
550	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
950	1x{2 x 150 on 3:00 Free Kick w/board
	{2 x 125 on 2:30 Free Kick w/board
	{2 x 100 on 2:00 Free Kick w/board
	{2 x 75 on 1:30 Free Kick w/board
	{1 x 50 on 1:00 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,650	1x{1 x 400 on 6:00 Freestyle
	{3 x 100 on 1:30 Freestyle
	{1 x 300 on 4:30 Freestyle
	{3 x 100 on 1:30 Freestyle
	{1 x 150 on 2:15 Freestyle
	{2 x 100 on 1:30 Freestyle
750	30 x 25 on :30 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	4,350 Yards - Stress Value = 133

Workout #24816 - Monday, 25 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
850	10 x 15 on :45 Shooters
	1x{2 x 150 on 3:20 Free Kick w/board
	{2 x 125 on 2:45 Free Kick w/board
	{2 x 100 on 2:10 Free Kick w/board
	{2 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,450	1x{1 x 250 on 4:10 Freestyle
	{3 x 100 on 1:40 Freestyle
	{1 x 200 on 3:20 Freestyle
	{3 x 100 on 1:40 Freestyle
	{1 x 200 on 3:20 Freestyle
	{2 x 100 on 1:40 Freestyle
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,875 Yards - Stress Value = 114

Workout #24817 - Monday, 25 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
800	10 x 15 on :45 Shooters
	1x{2 x 150 on 3:35 Free Kick w/board
	{2 x 125 on 2:55 Free Kick w/board
	{2 x 100 on 2:20 Free Kick w/board
	{1 x 50 on 1:10 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
1,250	1x{1 x 300 on 5:40 Freestyle
	{3 x 100 on 1:55 Freestyle
	{1 x 200 on 3:45 Freestyle
	{3 x 100 on 1:55 Freestyle
	{1 x 150 on 2:50 Freestyle
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,575 Yards - Stress Value = 109

Workout #24818 - Monday, 25 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
650	10 x 15 on :45 Shooters
	1x{2 x 150 on 4:10 Free Kick w/board
	{2 x 100 on 2:45 Free Kick w/board
	{2 x 75 on 2:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
950	1x{1 x 250 on 6:15 Freestyle
	{3 x 100 on 2:35 Freestyle
	{1 x 200 on 5:00 Freestyle
	{2 x 100 on 2:35 Freestyle

550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,000 Yards - Stress Value = 93

Workout #24819 - Monday, 25 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
600	10 x 15 on :45 Shooters
	1x{2 x 150 on 4:30 Free Kick w/board
	{2 x 100 on 3:00 Free Kick w/board
	{2 x 50 on 1:30 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
	100"s=L.25 #1-6bk, #2 7KOW #3Hb4SOW
950	1x{1 x 200 on 5:15 Freestyle
	{3 x 100 on 2:45 Freestyle
	{1 x 150 on 4:00 Freestyle
	{3 x 100 on 2:45 Freestyle
550	22 x 25 on :40 USRPT-100 Free Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,900 Yards - Stress Value = 92

Workout #24820 - Tuesday, 26 November 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
225	1 on 40:00 DS/Weights/Back to Pool	REC
1,500	15 x 15 on :45 Racing Skills-Back Shooters	SP3
	30 x 50 on :50 200 Fly Pace	SP2
	1 on 6:00 Recovery #1	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
100	1 x 100 on 6:00 Recovery #2	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 6:00 Recovery #3	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 10:00 Timed Swim-OTB	SP2
	8:15 AM 4,825 Yards - Stress Value = 459	

Workout #24821 - Tuesday, 26 November 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

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

Workout #24822 - Tuesday, 26 November 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
950	1x{8 x 25 on :30 Kick no board BSLR
	{1 x 100 on 1:50 Streamline Kick on Back
	{6 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 1:50 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,575	1x{8 x 75 on 1:15 Back 1st 25 11 KOW
	{6 x 75 on 1:10 Back 1st 25 9 KOW
	{4 x 75 on 1:05 Back 1st.25 7 KOW
	{3 x 75 on 1:00 Back 1st 25 5 KOW
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,325 Yards - Stress Value = 131

Workout #24823 - Tuesday, 26 November 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
850	1x{8 x 25 on :35 Kick no board BSLR
	{1 x 100 on 2:05 Streamline Kick on Back
	{4 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:05 Streamline Kick on Back
	{2 x 25 on :35 Kick no board BSLR
	{2 x 100 on 2:05 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	1x{8 x 75 on 1:20 Back 1st 25 11 KOW
	{6 x 75 on 1:15 Back 1st 25 9 KOW
	{4 x 75 on 1:10 Back 1st 25 7 KOW
	{2 x 75 on 1:05 Back 1st 25 5 KOW
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,975 Yards - Stress Value = 115

Workout #24824 - Tuesday, 26 November 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board BSLR
	{1 x 100 on 2:20 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{2 x 100 on 2:20 Streamline Kick on Back
	{4 x 25 on :40 Kick no board BSLR
	{2 x 75 on 1:45 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{7 x 75 on 1:35 Back 1st 25 9 KOW
	{6 x 75 on 1:30 Back 1st.25 7 KOW
	{3 x 75 on 1:25 Back 1st 25 5 KOW

625	25 x 25 on :35 USRPT 100 Back Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 106

Workout #24825 - Tuesday, 26 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{2 x 100 on 2:30 Streamline Kick on Back
	{4 x 25 on :45 Kick no board BSLR
	{1 x 100 on 2:30 Streamline Kick on Back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,125	1x{6 x 75 on 1:40 Back 1st 25 9 KOW
	{5 x 75 on 1:35 Back 1st 25 7 KOW
	{4 x 75 on 1:30 Back 1st 25 5 KOW
500	20 x 25 on :45 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,225 Yards - Stress Value = 93

Workout #24826 - Tuesday, 26 November 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on :30 Kick no board BSLR
	{2 x 100 on 2:45 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{6 x 75 on 1:55 Back 1st 25 7 KOW
	{4 x 75 on 1:50 Back 1st 25 5 KOW
	{3 x 75 on 1:45 Back 1st 25 3 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 37

Workout #24827 - Tuesday, 26 November 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
550	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 100 on 3:00 Streamline Kick on Back
	{4 x 25 on 1:00 Kick no board BSLR
	{2 x 100 on 3:00 Streamline Kick on Back
	{2 x 25 on 1:00 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{6 x 50 on 1:55 Back 1st 25 7 KOW
	{4 x 50 on 1:50 Back 1st 25 5 KOW
	{3 x 50 on 1:45 Back 1st 25 3 KOW
375	15 x 25 on 1:00 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Finishes
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,375 Yards - Stress Value = 30

Workout #24828 - Wednesday, 27 November 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EC
=====	=====	==
	1 on 38:00 DS/Weights/Back to Pool	RE
225	15 x 15 on :45 Racing Skills-Breast Shooters	SE
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 4:00 Recovery #1	RE
1,500	30 x 50 on :55 200 Breast Pace	SE
	1 on 4:00 Recovery #2	RE
750	30 x 25 on :30 100 Back Pace	SE
	1 on 5:00 Recovery #3	RE
750	30 x 25 on :30 100 Fly Pace	SE
	9:30 AM 4,725 Yards - Stress Value = 459	

Workout #24829 - Wednesday, 27 November 2019

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EC
=====	=====	==
	1 on 10:00 DS>Showers	RE
225	15 x 15 on :45 Racing Skills-Crossover Turns	SE
2,025	27 x 75 on 1:10 500 Free Pace	SE
	Sets of 3: #1 +1, #2 -2, #3 Rec	
160	8 x 20 on 3:00 Timed underwater-B	EM
	1 on 10:00 Timed Swim OTB	SE
	4:30 PM 2,410 Yards - Stress Value = 214	

Workout #24830 - Wednesday, 27 November 2019

Group 2 - Fly

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
	2-12, 4-13, 6-14, 6-15
150	10 x 15 on :45 Shooters
1,050	1x{5 x 100 on 1:45 Fly Kick w/board
	{4 x 75 on 1:20 Fly Kick w/board
	{5 x 50 on :50 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks

1,400	1x{1 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{2 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{3 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{5 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{4 x 50 on :55 Butterfly
	{1 x 50 on :45 Freestyle
	{3 x 50 on :55 Butterfly
750	30 x 25 on :30 USRPT-100 Fly Pace
	1 on 10:00 Racing Skill-Starts
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 4,100 Yards - Stress Value = 126

Workout #24831 - Wednesday, 27 November 2019

Group 2 - Gold

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
375	15 x 25 on :35 Wednesday Warm-up
	2-14, 4-15, 6-16, 3-17
150	10 x 15 on :45 Shooters
900	1x{5 x 100 on 2:05 Fly Kick w/board
	{4 x 75 on 1:35 Fly Kick w/board
	{2 x 50 on 1:05 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,300	1x{1 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{3 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{4 x 50 on 1:00 Butterfly
	{1 x 50 on :50 Freestyle
	{4 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{3 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
	{2 x 50 on :55 Butterfly
	{1 x 50 on :50 Freestyle
625	25 x 25 on :35 USRPT-100 Fly Pace
	1 on 10:00 Racing Skill-Starts
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,650 Yards - Stress Value = 107

Workout #24832 - Wednesday, 27 November 2019

Group 2 - Silver

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up 2-15, 4-16, 6-17, 3-17
150	10 x 15 on :45 Shooters
750	1x{4 x 100 on 2:25 Fly Kick w/board {4 x 75 on 1:50 Fly Kick w/board {1 x 50 on 1:15 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,150	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 :55 Freestyle
550	22 x 25 on :40 USRPT-100 Fly Pace 1 on 10:00 Racing Skill-Starts
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,225 Yards - Stress Value = 95

Workout #24833 - Wednesday, 27 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up 2-16, 4-17, 4-18, 3-19
150	10 x 15 on :45 Shooters
700	1x{3 x 100 on 2:40 Fly Kick w/board {4 x 75 on 2:00 Fly Kick w/board {2 x 50 on 1:20 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,100	1x{1 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {2 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {3 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {4 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {5 x 50 on 1:10 Butterfly {1 x 50 on 1:00 Freestyle {2 x 50 on 1:10 Butterfly
500	20 x 25 on :45 USRPT-100 Fly Pace 1 on 10:00 Racing Skill-Starts
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,075 Yards - Stress Value = 88

Workout #24834 - Wednesday, 27 November 2019

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up 2-18, 4-19, 6-20

150	10 x 15 on :45 Shooters
600	1x{2 x 100 on 3:00 Fly Kick w/board {4 x 75 on 2:15 Fly Kick w/board {2 x 50 on 1:30 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
900	1x{1 x 50 on 1:30 Butterfly {1 x 50 on 1:10 Freestyle {2 x 50 on 1:30 Butterfly {1 x 50 on 1:10 Freestyle {3 x 50 on 1:30 Butterfly {1 x 50 on 1:10 Freestyle {3 x 50 on 1:25 Butterfly {1 x 50 on 1:10 Freestyle {3 x 50 on 1:25 Butterfly {1 x 50 on 1:10 Freestyle {1 x 50 on 1:25 Butterfly
450	18 x 25 on :50 USRPT-100 Fly Pace 1 on 10:00 Racing Skill-Starts
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 2,700 Yards - Stress Value = 77

Workout #24835 - Wednesday, 27 November 2019

Group 2 - Copper

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up 2-20, 4-21, 6-22
150	10 x 15 on :45 Shooters
450	1x{2 x 100 on 4:00 Fly Kick w/board {2 x 75 on 3:00 Fly Kick w/board {2 x 50 on 2:00 Fly Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
600	1x{1 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {1 x 50 on 1:30 Freestyle {2 x 50 on 2:15 Butterfly {3 x 50 on 2:15 Butterfly {1 x 50 on 1:30 Freestyle {3 x 50 on 2:15 Butterfly
375	15 x 25 on 1:00 USRPT-100 Fly Pace 1 on 10:00 Racing Skill-Starts
200	1 x 200 on 4:00 Stroke Drills
	11:29 AM 2,175 Yards - Stress Value = 63

Workout #24836 - Friday, 29 November 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY W
=====	=====	=====
	1 on 40:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :50 200 Back Pace 1 on 6:00 Recovery #1	SP2 REC
1,000	40 x 25 on :30 200 Fly Pace 1 on 6:00 Recovery #2	SP2 REC
750	30 x 25 on :30 100 Free Pace 1 on 7:00 Recovery #3	SP2 REC
750	30 x 25 on :30 100 Breast Pace	SP2
	9:30 AM 4,225 Meters - Stress Value = 451	

Workout #24837 - Friday, 29 November 2019

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS/Showers REC
 240 16 x 15 on :45 Racing Skills-IM Shooters SP3
 750 1x{30 x 25 on :30 100 Fly Pace SP2
 {1 on 10:00 Racing Skills-TN Turn Drills REC
 1 on 2:00 Transistion between pools REC
 900 1x{30 x 20 on :30 100 Free Pace-Diving Well SP2
 {8 x 15 on :25 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {6 x 15 on :20 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {4 x 15 on :15 Undr Wtr Fly Kck EN2
 {1 on :30 Rest REC
 {2 x 15 on :10 Undr Wtr Fly Kck EN2
 1 on 10:00 Tic Tac Toe Relay EN2
 1 on 6:00 Group Challenge! SP2
 4:30 PM 1,890 Yards - Stress Value = 151

Workout #24838 - Friday, 29 November 2019

Group 2 - Breast

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 950 1x{1 x 200 on 3:50 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 3:55 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 200 on 4:00 Breast Kick w/board
 {4 x 25 on :30 Breast Kick on Back-Streamline
 {1 x 50 on 1:00 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,300 1x{5 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {4 x 100 on 1:40 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:35 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:35 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skill-LP turns
 250 1 x 250 on 4:00 Stroke Drills
 11:30 AM 3,825 Yards - Stress Value = 110

Workout #24839 - Friday, 29 November 2019

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:10 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:15 Breast Kick w/board
 {4 x 25 on :35 Breast Kick on Back-Streamline
 {1 x 200 on 4:20 Breast Kick w/board
 {2 x 25 on :35 Breast Kick on Back-Streamline
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{5 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest

{3 x 100 on 1:50 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:45 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:45 Breaststroke
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Racing Skill-LP turns
 250 1 x 250 on 4:00 Stroke Drills
 11:30 AM 3,550 Yards - Stress Value = 106

Workout #24840 - Friday, 29 November 2019

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 650 13 x 50 on :40 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 775 1x{1 x 200 on 4:30 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 200 on 4:35 Breast Kick w/board
 {4 x 25 on :40 Breast Kick on Back-Streamline
 {1 x 175 on 4:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{4 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:00 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 1:55 Breaststroke
 {1 on 1:00 Rest
 {1 x 100 on 1:55 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skill-LP turns
 250 1 x 250 on 4:00 Stroke Drills
 11:30 AM 3,575 Yards - Stress Value = 97

Workout #24841 - Friday, 29 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 150 10 x 15 on :45 Shooters
 750 1x{1 x 200 on 4:55 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 200 on 5:00 Breast Kick w/board
 {4 x 25 on :45 Breast Kick on Back-Streamline
 {1 x 150 on 2:35 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{4 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {3 x 100 on 2:15 Breaststroke
 {1 on 1:00 Rest
 {2 x 100 on 2:10 Breaststroke
 {1 on 1:00 Rest
 {1 x 50 on 1:05 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Racing Skill-LP turns
 250 1 x 250 on 4:00 Stroke Drills
 11:30 AM 3,050 Yards - Stress Value = 93

Workout #24842 - Friday, 29 November 2019

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
650	1x{1 x 150 on 4:00 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 4:05 Breast Kick w/board
	{ 4 x 25 on :45 Breast Kick on Back-Streamline
	{ 1 x 150 on 4:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{4 x 100 on 2:40 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 100 on 2:35 Breaststroke
	{ 1 on 1:00 Rest
	{ 3 x 50 on 1:15 Breaststroke
450	18 x 25 on :50 USRPT-100 Breast Pace
	1 on 10:00 Racing Skill-LP turns
250	1 x 250 on 4:00 Stroke Drills
	11:30 AM 2,750 Yards - Stress Value = 79

Workout #24843 - Friday, 29 November 2019

Group 2 - Copper

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
300	12 x 25 on :45 Wednesday Warm-up
150	10 x 15 on :45 Shooters
500	1x{1 x 100 on 4:00 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick on Back-Streamlir
	{ 1 x 150 on 4:05 Breast Kick w/board
	{ 4 x 25 on 1:00 Breast Kick on Back-Streamlir
	{ 1 x 50 on 2:10 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{3 x 100 on 3:20 Breaststroke
	{ 1 on 1:00 Rest
	{ 2 x 100 on 3:20 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 100 on 3:20 Breaststroke
	{ 1 on 1:00 Rest
	{ 1 x 50 on 1:40 Breaststroke
375	15 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Racing Skill-LP turns
250	1 x 250 on 4:00 Stroke Drills
	11:30 AM 2,325 Yards - Stress Value = 65

Workout #24844 - Saturday, 30 November 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
=====	=====	===	==
	1 on 15:00 Qswim DS/Shower		REC
240	16 x 15 on :45 Racing Skills-IM Shooters		SP3
1,000	40 x 25 on :30 200 Breast Pace		SP2
	1 on 8:00 Recovery #1		REC
1,000	40 x 25 on :30 200 Free Pace		SP2
	1 on 8:00 Recovery #2		REC
1,000	40 x 25 on :30 200 Fly Pace		SP2
	1 on 8:00 Recovery #3		REC
1,000	40 x 25 on :30 200 Back Pace		SP2
	1 on 10:00 Lane Line Survivor		EN2
	9:25 AM 4,240 Yards - Stress Value = 410		

Workout #24845 - Saturday, 30 November 2019

Group 2 - IM'ers

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
1,200	1x{4 x 25 on :30 Kick no board BSLR
	{ 3 x 100 on 1:55 Kick-1fly lbrst lfree
	{ 4 x 25 on :30 Kick no board BSLR
	{ 3 x 100 on 1:50 Kick-1fly lbrst lfree
	{ 4 x 25 on :30 Kick no board BSLR
	{ 3 x 100 on 1:45 Kick-1fly lbrst lfree
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,900	1x{1 x 200 on 3:00 Individual Medley
	{ 4 x 25 on :30 Fly lup+ldown
	{ 1 x 100 on 1:40 Mystery Medley
	{ 1 x 100 on 1:35 Mystery Medley
	{ 1 x 100 on 1:30 Mystery Medley
	{ 1 x 50 on 1:00 Easy Free
	{ 1 x 200 on 2:55 Individual Medley
	{ 4 x 25 on :30 Back 5KOW+2
	{ 1 x 100 on 1:35 Mystery Medley
	{ 1 x 100 on 1:30 Mystery Medley
	{ 1 x 100 on 1:25 Mystery Medley
	{ 1 x 50 on 1:00 Easy Free
	{ 1 x 200 on 2:50 Individual Medley
	{ 4 x 25 on :30 Breaststroke 2X Pullouts
	{ 1 x 100 on 1:30 Mystery Medley
	{ 1 x 100 on 1:25 Mystery Medley
	{ 1 x 100 on 1:20 Mystery Medley
750	30 x 25 on :30 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 4,900 Yards - Stress Value = 141

Workout #24846 - Saturday, 30 November 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
1,050	10 x 15 on :45 Shooters
	1x{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:05 Kick-1fly lbrst lfree
	{4 x 25 on :35 Kick no board BSLR
	{3 x 100 on 2:00 Kick-1fly lbrst lfree
	{4 x 25 on :35 Kick no board BSLR
	{2 x 75 on 1:30 Kick 25fly 25brst 25free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,750	1x{1 x 200 on 3:20 Individual Medley
	{4 x 25 on :30 Fly lup+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 3:15 Individual Medley
	{4 x 25 on :30 Back 5KOW+2
	{1 x 100 on 1:45 Individual Medley
	{1 x 100 on 1:40 Individual Medley
	{1 x 100 on 1:35 Individual Medley
	{1 x 50 on 1:00 Easy Free
	{1 x 200 on 3:10 Individual Medley
	{4 x 25 on :35 Breast 2X pullouts
	{1 x 100 on 1:40 Mystery Medley
	{2 x 25 on :30 Free 6bk
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 4,425 Yards - Stress Value = 122

Workout #24847 - Saturday, 30 November 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
950	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:15 Kick-1fly lbrst lfree
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:10 Kick-1fly lbrst lfree
	{4 x 25 on :40 Kick no board BSLR
	{1 x 50 on 1:05 Kick-your choice
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 200 on 3:40 Individual Medley
	{4 x 25 on :35 Fly lup+ldown
	{1 x 100 on 1:55 Mystery Medley
	{1 x 100 on 1:50 Mystery Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 200 on 3:35 Individual Medley
	{4 x 25 on :35 Back 5KOW+2
	{1 x 100 on 1:50 Mystery Medley
	{1 x 100 on 1:45 Mystery Medley
	{1 x 50 on 1:15 Easy Free
	{1 x 200 on 3:30 Individual Medley
	{4 x 25 on :35 Breaststroke 2X Pullouts
	{1 x 100 on 1:45 Mystery Medley
	{1 x 100 on 1:40 Mystery Medley
625	25 x 25 on :35 USRPT-100 Back Pace
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 4,125 Yards - Stress Value = 117

Workout #24848 - Saturday, 30 November 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
900	10 x 15 on :45 Shooters
	1x{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:30 Kick-1fly lbrst lfree
	{4 x 25 on :40 Kick no board BSLR
	{3 x 100 on 2:25 Kick-1fly lbrst lfree
	{4 x 25 on :40 Kick no board BSLR
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 200 on 4:20 Individual Medley
	{4 x 25 on :35 Fly lup+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
	{4 x 25 on :40 Breast 2X pullouts
	{1 x 100 on 1:55 Mystery Medley
	{1 x 100 on 1:50 Mystery Medley
550	22 x 25 on :40 USRPT-100 Back Pace
250	1 x 250 on 4:00 Stroke Drills
	11:30 AM 3,800 Yards - Stress Value = 105

Workout #24849 - Saturday, 30 November 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
9:15 AM	Start
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
800	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:45 Kick-1fly lbrst 1 free
	{4 x 25 on :45 Kick no board BSLR
	{3 x 100 on 2:45 Kick-1fly lbrst lfree
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 200 on 5:00 Individual Medley
	{4 x 25 on :40 Fly lup+ldown
	{1 x 100 on 2:30 Mystery Medley
	{1 x 50 on 1:30 Easy Free
	{1 x 200 on 4:55 Individual Medley
	{4 x 25 on :40 Back 5KOW+2
	{1 x 100 on 2:25 Mystery Medley
	{1 x 50 on 1:30 Easy Free
	{1 x 200 on 4:50 Individual Medley
	{4 x 25 on :40 Breast 2X pullouts
550	22 x 25 on :40 USRPT-100 Fly Pace
250	1 x 250 on 4:00 Stroke Drills
	11:30 AM 3,450 Yards - Stress Value = 99

Workout #24850 - Saturday, 30 November 2019

Group 2 - Copper

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 550 1x{4 x 25 on 1:00 Kick no board BSLR
 {2 x 100 on 3:00 Kick-1fly 1brst
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 3:00 Kick-25fly25brst25fr25cho
 {2 x 25 on 1:00 Kick no board BS
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 200 on 6:00 Individual Medley
 {4 x 25 on 1:00 Fly lup+1down
 {1 x 100 on 3:00 Mystery 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 Mystery Medley
 {1 x 50 on 1:30 Easy Free
 {1 x 200 on 5:50 Individual Medley
 500 20 x 25 on :45 USRPT-100 Back Pace
 250 1 x 250 on 4:00 Stroke Drills
 11:30 AM 3,000 Yards - Stress Value = 87

{1 x 200 on 3:50 Fly Kick w/board
 {6 x 25 on :30 Kick no board BSLR
 {1 x 200 on 3:45 Fly Kick w/board
 {6 x 25 on :30 Kick no board BSLR
 {1 x 150 on 2:45 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{1 x 100 on 1:35 2 strokes fly off walls
 {1 x 75 on 1:10 3 strokes fly off walls
 {1 x 50 on :50 4 strokes fly off walls
 {1 x 25 on :30 5 strokes fly off walls
 {1 x 250 on 4:20 Butterfly
 {1 x 100 on 1:35 3 strokes fly off walls
 {1 x 75 on 1:10 4 strokes fly off walls
 {1 x 50 on :50 5 stokes fly off walls
 {1 x 25 on :30 6 strokes fly off walls
 {1 x 250 on 4:15 Butterfly
 {1 x 100 on 1:35 4 strokes fly off walls
 {1 x 75 on 1:10 5 strokes fly off walls
 {1 x 50 on :50 6 strokes fly off walls
 {1 x 25 on :30 7 strokes fly off walls
 {1 x 250 on 4:10 Butterfly
 750 30 x 25 on :30 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,250 Yards - Stress Value = 130

Workout #24854 - Monday, 02 December 2019

Group 2 - Gold

1 minute rest between sets

Workout #24851 - Monday, 02 December 2019

HighSchl - USRPT

1 minute rest between sets

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

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 900 1x{4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 4:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 4:00 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {1 x 200 on 3:55 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,350 1x{1 x 100 on 1:40 2 strokes fly off walls
 {1 x 75 on 1:15 3 strokes fly off walls
 {1 x 50 on :55 4 strokes fly off walls
 {1 x 25 on :35 5 strokes fly off walls
 {1 x 200 on 4:00 Butterfly
 {1 x 100 on 1:40 3 strokes fly off walls
 {1 x 75 on 1:15 4 strokes fly off walls
 {1 x 50 on :55 5 stokes fly off walls
 {1 x 25 on :35 6 strokes fly off walls
 {1 x 200 on 3:55 Butterfly
 {1 x 100 on 1:40 4 strokes fly off walls
 {1 x 75 on 1:15 5 strokes fly off walls
 {1 x 50 on :55 6 strokes fly off walls
 {1 x 25 on :35 7 strokes fly off walls
 {1 x 200 on 3:50 Butterfly
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,875 Yards - Stress Value = 113

Workout #24852 - Monday, 02 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 10:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills #1 Shooter SP3
 2,400 24 x 100 on 1:30 1650 Free Pace SP2
 Sets of 3: #1 +1, #2 -2, #3 Rec
 140 7 x 20 on 3:00 Timed Underwaters-S SP3
 5:31 PM 2,765 Yards - Stress Value = 255

Workout #24853 - Monday, 02 December 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :30 Kick no board BSLR

Workout #24855 - Monday, 02 December 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 500 1 on 35:00 DS/Dryland
 150 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 750 10 x 15 on :45 Shooters
 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:40 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:35 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,150 1x{1 x 100 on 1:55 2 strokes fly off walls
 {1 x 75 on 1:25 3 strokes fly off walls
 {1 x 50 on 1:00 4 strokes fly off walls
 {1 x 25 on :40 5 strokes fly off walls
 {1 x 150 on 3:30 Butterfly
 {1 x 100 on 1:55 3 strokes fly off walls
 {1 x 75 on 1:25 4 strokes fly off walls
 {1 x 50 on 1:00 5 strokes fly off walls
 {1 x 25 on :40 6 strokes fly off walls
 {1 x 150 on 3:25 Butterfly
 {1 x 100 on 1:55 4 strokes fly off walls
 {1 x 75 on 1:25 5 strokes fly off walls
 {1 x 50 on 1:00 6 strokes fly off walls
 {1 x 25 on :40 7 strokes fly off walls
 {1 x 100 on 2:15 Butterfly
 625 25 x 25 on :35 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,475 Yards - Stress Value = 106

Workout #24857 - Monday, 02 December 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 400 1 on 35:00 DS/Dryland
 150 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 650 10 x 15 on :45 Shooters
 1x{4 x 25 on :45 Kick no board BSLR
 {1 x 200 on 5:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {1 x 150 on 4:00 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{1 x 100 on 2:30 2 strokes fly off walls
 {1 x 75 on 1:50 3 strokes fly off walls
 {1 x 50 on 1:15 4 strokes fly off walls
 {1 x 25 on :50 5 strokes fly off walls
 {1 x 100 on 3:00 Butterfly
 {1 x 100 on 2:30 3 strokes fly off walls
 {1 x 75 on 1:50 4 strokes fly off walls
 {1 x 50 on 1:15 5 strokes fly off walls
 {1 x 25 on :50 6 strokes fly off walls
 {1 x 100 on 3:00 Butterfly
 {1 x 100 on 2:30 4 strokes fly off walls
 {1 x 75 on 1:50 5 strokes fly off walls
 {1 x 50 on 1:15 6 strokes fly off walls
 {1 x 25 on :50 7 strokes fly off walls
 450 18 x 25 on :45 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,900 Yards - Stress Value = 83

Workout #24856 - Monday, 02 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 450 1 on 35:00 DS/Dryland
 150 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 750 10 x 15 on :45 Shooters
 1x{4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:55 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 200 on 4:50 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {1 x 50 on 1:10 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,100 1x{1 x 100 on 2:05 2 strokes fly off walls
 {1 x 75 on 1:35 3 strokes fly off walls
 {1 x 50 on 1:05 4 strokes fly off walls
 {1 x 25 on :45 5 strokes fly off walls
 {1 x 150 on 3:45 Butterfly
 {1 x 100 on 2:05 3 strokes fly off walls
 {1 x 75 on 1:35 4 strokes fly off walls
 {1 x 50 on 1:05 5 strokes fly off walls
 {1 x 25 on :45 6 strokes fly off walls
 {1 x 150 on 3:40 Butterfly
 {1 x 100 on 2:05 4 strokes fly off walls
 {1 x 75 on 1:35 5 strokes fly off walls
 {1 x 50 on 1:05 6 strokes fly off walls
 {1 x 25 on :45 7 strokes fly off walls
 {1 x 50 on 1:00 Butterfly
 550 22 x 25 on :40 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,300 Yards - Stress Value = 98

Workout #24858 - Monday, 02 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 350 1 on 35:00 DS/Dryland
 150 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 500 10 x 15 on :45 Shooters
 1x{4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 3:30 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {1 x 100 on 3:30 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 100 on 3:30 2 strokes fly off walls
 {1 x 75 on 2:35 3 strokes fly off walls
 {1 x 50 on 1:45 4 strokes fly off walls
 {1 x 25 on 1:00 5 strokes fly off walls
 {1 x 50 on 2:00 Butterfly
 {1 x 100 on 3:30 3 strokes fly off walls
 {1 x 75 on 2:35 4 strokes fly off walls
 {1 x 50 on 1:45 5 strokes fly off walls
 {1 x 25 on 1:00 6 strokes fly off walls
 {1 x 100 on 4:00 Butterfly
 375 15 x 25 on 1:00 USRPT 100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,325 Yards - Stress Value = 67

Workout #24859 - Tuesday, 03 December 2019

HighSchl - USRPT

1 minute rest between sets

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

Workout #24860 - Tuesday, 03 December 2019

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
950	1x{6 x 25 on :30 Kick no board B
	{3 x 50 on :55 Kick 1fly lbrst 1 free
	{6 x 25 on :30 Kick no board S
	{3 x 50 on :55 Kick 1fly lbrst 1 free
	{6 x 25 on :30 Kick no board L
	{3 x 50 on :55 Kick 1fly lbrst 1 free
	{2 x 25 on :30 Kick no board R
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,475	1x{1 x 200 on 3:10 Individual Medley
	{5 x 25 on :30 Fly
	{1 x 100 on 1:35 Reverse IM
	{1 x 200 on 3:05 Individual Medley
	{5 x 25 on :30 Backstroke
	{1 x 100 on 1:35 Reverse IM
	{1 x 200 on 3:00 Individual Medley
	{5 x 25 on :30 Breaststroke
	{1 x 100 on 1:35 Reverse IM
	{1 x 200 on 2:55 Individual Medley
750	30 x 25 on :30 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,225 Yards - Stress Value = 128

Workout #24861 - Tuesday, 03 December 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
850	1x{6 x 25 on :35 Kick no board B
	{3 x 50 on 1:00 Kick 1fly lbrst 1 free
	{6 x 25 on :35 Kick no board S
	{3 x 50 on 1:00 Kick 1fly lbrst 1 free
	{4 x 25 on :35 Kick no board 2L2R
	{3 x 50 on 1:00 Kick 1fly lbrst 1 free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,450	1x{1 x 200 on 3:20 Individual Medley
	{4 x 25 on :30 Fly
	{1 x 100 on 1:30 Reverse IM
	{1 x 200 on 3:15 Individual Medley

	{4 x 25 on :30 Backstroke
	{1 x 100 on 1:30 Reverse IM
	{1 x 200 on 3:10 Individual Medley
	{4 x 25 on :30 Breaststroke
	{1 x 100 on 1:30 Reverse IM
	{1 x 200 on 3:05 Individual Medley
	{2 x 25 on :30 Freestyle
750	30 x 25 on :30 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,050 Yards - Stress Value = 127

Workout #24862 - Tuesday, 03 December 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	1x{4 x 25 on :40 Kick no board B
	{3 x 50 on 1:10 Kick 1fly lbrst 1 free
	{4 x 25 on :40 Kick no board S
	{3 x 50 on 1:10 Kick 1fly lbrst 1 free
	{4 x 25 on :40 Kick no board 2L2R
	{3 x 50 on 1:10 Kick 1fly lbrst 1 free
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,200	1x{1 x 200 on 4:00 Individual Medley
	{4 x 25 on :35 Fly
	{1 x 100 on 1:50 Reverse IM
	{1 x 200 on 3:55 Individual Medley
	{4 x 25 on :35 Backstroke
	{1 x 100 on 1:50 Reverse IM
	{1 x 200 on 3:50 Individual Medley
	{4 x 25 on :35 Breaststroke
	{1 x 100 on 1:50 Reverse IM
625	25 x 25 on :35 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,525 Yards - Stress Value = 107

Workout #24863 - Tuesday, 03 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{4 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick 1fly 1brst 1 free
	{4 x 25 on :40 Kick no board S
	{3 x 50 on 1:15 Kick 1fly 1brst 1 free
	{4 x 25 on :40 Kick no board 2L2R
	{2 x 50 on 1:15 Kick 1fly 1brst
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 200 on 4:15 Individual Medley
	{4 x 25 on :35 Fly
	{1 x 100 on 2:00 Reverse IM
	{1 x 200 on 4:10 Individual Medley
	{4 x 25 on :35 Backstroke
	{1 x 100 on 2:00 Reverse IM
	{1 x 200 on 4:05 Individual Medley
	{2 x 25 on :35 Breaststroke
	{1 x 100 on 2:00 Reverse IM
550	22 x 25 on :40 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,300 Yards - Stress Value = 98

Workout #24864 - Tuesday, 03 December 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on :45 Kick no board B
	{3 x 50 on 1:30 Kick 1fly 1brst 1 free
	{4 x 25 on :45 Kick no board S
	{3 x 50 on 1:30 Kick 1fly 1brst 1 free
	{4 x 25 on :45 Kick no board 2L2R
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 200 on 5:00 Individual Medley
	{4 x 25 on :45 2 Fly 2 Back
	{1 x 100 on 2:30 Reverse IM
	{1 x 200 on 5:00 Individual Medley
	{4 x 25 on :45 2 Breast 2 Free
	{1 x 100 on 2:30 Reverse IM
	{1 x 200 on 4:00 Individual Medley
500	20 x 25 on :45 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 2,950 Yards - Stress Value = 88

Workout #24865 - Tuesday, 03 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
450	1x{4 x 25 on 1:00 Kick no board B
	{2 x 50 on 2:00 Kick 1fly 1brst
	{4 x 25 on 1:00 Kick no board S
	{2 x 50 on 2:00 Kick 1 brst 1 free

	{2 x 25 on 1:00 Kick no board 1L1R
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
850	1x{1 x 200 on 6:00 Individual Medley
	{2 x 25 on :45 1 Fly 1 Back
	{1 x 100 on 3:00 Reverse IM
	{1 x 200 on 6:00 Individual Medley
	{2 x 25 on :45 1 Breast 1 Free
	{1 x 100 on 3:00 Reverse IM
	{1 x 150 on 4:00 Individual Medley no free
1,500	15 x 100 on 1:00 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,600 Yards - Stress Value = 182

Workout #24866 - Wednesday, 04 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

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

Workout #24867 - Wednesday, 04 December 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up
	2-12, 4-14, 6-16, 6-18
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{3 x 100 on 1:50 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{1 x 100 on 1:50 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,650	1x{5 x 125 on 1:55 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{4 x 100 on 1:30 Back alt 25's 10KOW
	{4 x 50 on :45 Back-descend
	{3 x 75 on 1:05 Back alt 25's 10KOW
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Racing Skills-Back Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,300 Yards - Stress Value = 133

Workout #24868 - Wednesday, 04 December 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-16, 6-18, 3-20
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {3 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,450 1x{5 x 125 on 2:05 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {4 x 100 on 1:40 Back alt 25's 10KOW
 {4 x 50 on :50 Back-descend
 {1 x 75 on 1:15 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,800 Yards - Stress Value = 115

Workout #24869 - Wednesday, 04 December 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-17, 6-19, 1-21
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:15 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,325 1x{5 x 125 on 2:20 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 {4 x 100 on 1:55 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 110

Workout #24870 - Wednesday, 04 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 325 13 x 25 on :40 Wednesday Warm-up
 2-15, 4-17, 6-19, 1-21
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 2:25 Streamline Kick on back
 {1 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:25 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{3 x 50 on 1:05 Back-descend

{4 x 100 on 2:10 Back alt 25's 10KOW
 {3 x 50 on 1:05 Back-descend
 {3 x 75 on 1:40 Back alt 25's 10KOW
 {4 x 50 on 1:05 Back-descend
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 3,275 Yards - Stress Value = 105

Workout #24871 - Wednesday, 04 December 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-18, 4-20, 6-22
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:45 Streamline Kick on back
 {1 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 925 1x{3 x 50 on 1:20 Back-descend
 {4 x 100 on 2:40 Back alt 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 {3 x 75 on 2:00 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:29 PM 2,950 Yards - Stress Value = 99

Workout #24872 - Wednesday, 04 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 12 x 25 on :45 Wednesday Warm-up
 2-20, 4-22, 6-24
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 3:00 Streamline Kick on back
 {1 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 {1 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 775 1x{3 x 50 on 1:30 Back-descend
 {4 x 100 on 3:00 Back alt 25's 10KOW
 {3 x 50 on 1:30 Back-descend
 {1 x 75 on 2:20 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-Back Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:28 PM 2,750 Yards - Stress Value = 96

Workout #24873 - Thursday, 05 December 2019

HighSchl - USRPT

1 minute rest between sets

Yards	Set Description	EC
5:30 AM Start		
225	1 on 40:00 DS/Weights/Back to Pool	RE
1,000	15 x 15 on :45 Racing Skills-Breast Shooters	SE
	40 x 25 on :30 200 Fly Pace	SE
	1 on 7:00 Recovery #1	RE
1,500	30 x 50 on :50 200 Free Pace	SE
	1 on 8:00 Recovery #2	RE
750	30 x 25 on :30 100 Breast Pace	SE
	1 on 8:00 Recovery #3	RE
750	30 x 25 on :30 100 Back Pace	SE
50	1 x 50 on 10:00 50 Free for Time -OTB	SE
8:15 AM 4,275 Yards - Stress Value = 414		

Workout #24874 - Thursday, 05 December 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
900	10 x 15 on :45 Shooters
	1x{1 x 200 on 3:45 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 x 175 on 3:15 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 x 75 on 1:20 Breast Kick w/board
	1 on 26:00 TEACH DAY-Breaststroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,575 Yards - Stress Value = 86	

Workout #24875 - Wednesday, 04 December 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
850	10 x 15 on :45 Shooters
	1x{1 x 200 on 4:00 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{2 x 175 on 3:30 Breast Kick w/board
	{4 x 25 on :40 Breast Kick-streamline on back
	{1 x 100 on 2:00 Breast Kick w/board
	1 on 26:00 TEACH DAY-Breaststroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,475 Yards - Stress Value = 85	

Workout #24876 - Thursday, 05 December 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
500	1 on 35:00 DS/Dryland
	1 x 500 on 9:00 Free 3KOW to 10 back to 3

150	10 x 15 on :45 Shooters
750	1x{1 x 150 on 3:30 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{2 x 175 on 4:05 Breast Kick w/board
	{4 x 25 on :45 Breast Kick-streamline on back
	{1 x 50 on 1:10 Breast Kick w/board
	1 on 26:00 TEACH DAY-Breaststroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,250 Yards - Stress Value = 76	

Workout #24877 - Thursday, 05 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
700	10 x 15 on :45 Shooters
	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 26:00 TEACH DAY-Breaststroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:30 PM 2,100 Yards - Stress Value = 70	

Workout #24878 - Thursday, 05 December 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM Start	
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
600	10 x 15 on :45 Shooters
	1x{1 x 100 on 2:45 Breast Kick w/board
	{2 x 25 on 1:00 Breast Kick-streamline on bac
	{2 x 150 on 4:05 Breast Kick w/board
	{2 x 25 on 1:00 Breast Kick-streamline on bac
	{1 x 100 on 2:45 Breast Kick w/board
	1 on 26:00 TEACH DAY-Breaststroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	18 x 25 on :50 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
7:29 PM 1,900 Yards - Stress Value = 63	

Workout #24879 - Thursday, 05 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 3:00 Breast Kick w/board
	{2 x 25 on 1:00 Breast Kick-streamline on bac
	{2 x 150 on 4:30 Breast Kick w/board
	{2 x 25 on 1:00 Breast Kick-streamline on bac
	{1 x 100 on 3:00 Breast Kick w/board
	1 on 26:00 TEACH DAY-Breaststroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 1,775 Yards - Stress Value = 56

Workout #24880 - Friday, 06 December 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

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

Workout #24881 - Friday, 06 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	F
=====	=====	=====
	1 on 10:00 DS>Showers	F
240	16 x 15 on :45 Racing Skills-IM Shooters	F
750	1x{30 x 25 on :30 100 Back Pace	F
	{1 on 10:00 Racing Skills-CO Turns	F
	1 on 2:00 Transistion between pools	F
900	1x{30 x 20 on :30 100 Breast Pace-Diving Well	F
	{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 6:00 Group Challenge!	F
	5:30 PM 1,890 Yards - Stress Value = 151	

Workout #24882 - Friday, 06 December 2019

Group 2 - Freestylers

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Dryland
500	4 x 125 on 2:15 SwimUSS

	50swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,800	1x{1 x 100 on 1:30 Free L.25 6BK
	{1 x 100 on 1:30 Free L.25 2 breaths
	{1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:25 Free L.25 6BK
	{2 x 100 on 1:25 Free L.25 2 breaths
	{2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:20 Free L.25 6bk
	{3 x 100 on 1:20 Free L.25 2 breaths
	{3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,700 Yards - Stress Value = 42

Workout #24883 - Friday, 06 December 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Dryland
500	4 x 125 on 2:15 SwimUSS
	50swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,600	1x{1 x 100 on 1:40 Free L.25 6BK
	{1 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:35 Free L.25 6BK
	{2 x 100 on 1:35 Free L.25 2 breaths
	{2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:30 Free L.25 6bk
	{2 x 100 on 1:30 Free L.25 2 breaths
	{2 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,500 Yards - Stress Value = 38

Workout #24884 - Friday, 06 December 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

Yards	Set Description
=====	=====
	1 on 40:00 DS/Dryland
400	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,400	1x{1 x 100 on 1:50 Free L.25 6BK
	{1 x 100 on 1:50 Free L.25 2 breaths
	{1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:45 Free L.25 6BK
	{2 x 100 on 1:45 Free L.25 2 breaths
	{2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:40 Free L.25 6bk
	{1 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:30 PM 2,200 Yards - Stress Value = 34

Workout #24885 - Friday, 06 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,200	1x{1 x 100 on 2:00 Free L.25 6BK
	{1 x 100 on 2:00 Free L.25 2 breaths
	{1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:55 Free L.25 6BK
	{2 x 100 on 1:55 Free L.25 2 breaths
	{2 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 2:00 Free L.25 6bk
	{1 x 100 on 2:00 Free L.25 2 breaths
	{1 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:29 PM 2,000 Yards - Stress Value = 30

Workout #24886 - Friday, 06 December 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:30 Free L.25 6BK
	{1 x 100 on 2:30 Free L.25 2 breaths
	{1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:25 Free L.25 6BK
	{2 x 100 on 2:25 Free L.25 2 breaths
	{2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 1:10 Free L.25 6bk
	{1 x 50 on 1:10 Free L.25 2 breaths
	{1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
250	1 x 250 on 5:00 Stroke Drills
	6:31 PM 1,850 Yards - Stress Value = 27

Workout #24887 - Friday, 06 December 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description
400	1 on 40:00 DS/Dryland
	4 x 100 on 2:15 SwimUSS
	25swim, 25underwater, 25swim, 25scull
150	10 x 15 on :45 Shooters
800	1x{1 x 100 on 3:00 Free L.25 6BK
	{1 x 100 on 3:00 Free L.25 2 breaths
	{1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:55 Free L.25 6BK
	{2 x 100 on 2:55 Free L.25 2 breaths
	{1 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
250	1 x 250 on 5:00 Stroke Drills
	6:29 PM 1,600 Yards - Stress Value = 22

Workout #24888 - Monday, 09 December 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description	EGY
	1 on 40:00 DS/Weights/Back to Pool	REC

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

Workout #24889 - Monday, 09 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 DS/Showers		REC
225	15 x 15 on :45 Racing Skills #1 Shooter		SP3
2,500	25 x 100 on 1:30 1650 Free Pace		SP2
	Sets of 5: #1 =, #3 GT, #5 Rec		
120	6 x 20 on 3:00 Timed Underwaters-S		SP3
	5:30 PM 2,845 Yards - Stress Value = 264		

Workout #24890 - Monday, 09 December 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
950	1x{1 x 100 on 1:55 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{2 x 100 on 1:55 Streamline Kick on back
	{2 x 50 on 1:00 Alt 25 kick on each side
	{3 x 100 on 1:55 Streamline Kick on back
	{3 x 50 on 1:00 Alt 25 kick on each side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{5 x 125 on 1:55 Back alt 25's 10KOW
	{3 x 50 on :50 Back-descend
	{4 x 100 on 1:30 Back alt 25's 10KOW
	{3 x 50 on :50 Back-descend
	{3 x 75 on 1:10 Back alt 25's 10KOW
	{1 x 50 on :50 Back-FAST
750	30 x 25 on :30 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,350 Yards - Stress Value = 131

Workout #24891 - Monday, 09 December 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
900	1x{1 x 100 on 2:05 Streamline Kick on back
	{ 2 x 50 on 1:05 Alt 25 kick on each side
	{ 2 x 100 on 2:05 Streamline Kick on back
	{ 2 x 50 on 1:05 Alt 25 kick on each side
	{ 3 x 100 on 2:05 Streamline Kick on back
	{ 2 x 50 on 1:05 Alt 25 kick on each side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,425	1x{5 x 125 on 2:05 Back alt 25's 10KOW
	{ 3 x 50 on :55 Back-descend
	{ 4 x 100 on 1:40 Back alt 25's 10KOW
	{ 2 x 50 on :55 Back-descend
	{ 2 x 75 on 1:15 Back alt 25's 10KOW
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,950 Yards - Stress Value = 114

Workout #24892 - Monday, 09 December 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
800	1x{1 x 100 on 2:15 Streamline Kick on back
	{ 2 x 50 on 1:10 Alt 25 kick on each side
	{ 2 x 100 on 2:15 Streamline Kick on back
	{ 2 x 50 on 1:10 Alt 25 kick on each side
	{ 3 x 100 on 2:15 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,275	1x{5 x 125 on 2:20 Back alt 25's 10KOW
	{ 3 x 50 on 1:00 Back-descend
	{ 4 x 100 on 1:55 Back alt 25's 10KOW
	{ 2 x 50 on 1:00 Back-descend
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,650 Yards - Stress Value = 109

Workout #24893 - Monday, 09 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
800	1x{1 x 100 on 2:25 Streamline Kick on back
	{ 2 x 50 on 1:10 Alt 25 kick on each side
	{ 2 x 100 on 2:25 Streamline Kick on back
	{ 2 x 50 on 1:10 Alt 25 kick on each side
	{ 2 x 100 on 2:25 Streamline Kick on back
	{ 2 x 50 on 1:05 Alt 25 kick on each side
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,125	1x{5 x 125 on 2:45 Back alt 25's 10KOW
	{ 3 x 50 on 1:05 Back-descend
	{ 3 x 100 on 2:10 Back alt 25's 10KOW

	{ 1 x 50 on 1:05 Back-FAST
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,450 Yards - Stress Value = 106

Workout #24894 - Monday, 09 December 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
650	1x{1 x 100 on 2:45 Streamline Kick on back
	{ 2 x 50 on 1:20 Alt 25 kick on each side
	{ 2 x 100 on 2:45 Streamline Kick on back
	{ 1 x 50 on 1:20 Alt 25 kick on each side
	{ 2 x 100 on 2:45 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
975	1x{3 x 125 on 3:00 Back at 25's 10KOW
	{ 3 x 50 on 1:20 Back-descend
	{ 4 x 100 on 2:40 Back alt 25's 10KOW
	{ 1 x 50 on 1:20 Back-descend
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,100 Yards - Stress Value = 101

Workout #24895 - Monday, 09 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
600	1x{1 x 100 on 3:00 Streamline Kick on back
	{ 2 x 50 on 1:30 Alt 25 kick on each side
	{ 2 x 100 on 3:00 Streamline Kick on back
	{ 2 x 50 on 1:30 Alt 25 kick on each side
	{ 1 x 100 on 3:00 Streamline Kick on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
825	1x{3 x 125 on 3:25 Back alt 25's 10KOW
	{ 3 x 50 on 1:30 Back-descend
	{ 3 x 100 on 3:00 Back alt 25's 10KOW
625	25 x 25 on :35 USRPT-100 Back Pace
	1 on 10:00 Relay
200	1 x 200 on 4:00 Stroke Drills
	7:28 PM 2,900 Yards - Stress Value = 97

Workout #24896 - Tuesday, 10 December 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

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

Workout #24897 - Tuesday, 10 December 2019

Group 2 - Breast

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
900	1x{1 x 200 on 3:50 Breast Kick w/board { 4 x 25 on :40 Breast Kick-streamline on back { 2 x 175 on 3:20 Breast Kick w/board { 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
625	25 x 25 on :35 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-Breast Starts 1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,875 Yards - Stress Value = 112

Workout #24898 - Tuesday, 10 December 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
850	1x{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
625	25 x 25 on :35 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-Breast Starts
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,675 Yards - Stress Value = 109

Workout #24899 - Tuesday, 10 December 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
500	1 x 500 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
750	1x{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
550	22 x 25 on :40 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-Breast Starts 1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,300 Yards - Stress Value = 97

Workout #24900 - Tuesday, 10 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 5:00 Breast Kick w/board { 4 x 25 on :45 Breast Kick-streamline on back { 2 x 150 on 3:45 Breast Kick w/board { 4 x 25 on :45 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{2 x 200 on 4:55 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :40 Breast TO Drill w/fins { 2 x 100 on 2:25 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :40 Breast TO drill w/fins { 2 x 75 on 1:45 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-Breast Starts 1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,100 Yards - Stress Value = 94

Workout #24901 - Tuesday, 10 December 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 650 1x{1 x 200 on 5:30 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 150 on 4:10 Breast Kick w/board
 { 2 x 25 on :45 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{2 x 150 on 4:15 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :45 Breast TO Drill w/fins
 { 2 x 100 on 2:50 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO drill w/fins
 { 3 x 50 on 1:20 Breaststroke
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,850 Yards - Stress Value = 86

Workout #24902 - Tuesday, 10 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 525 1x{1 x 200 on 7:00 Breast Kick w/board
 { 2 x 25 on 1:00 Breast Kick-streamline on bac
 { 2 x 100 on 3:30 Breast Kick w/board
 { 3 x 25 on 1:00 Breast Kick-streamline on bac
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 200 on 7:00 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on 1:00 Breast TO Drill w/fins
 { 1 x 150 on 5:00 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on 1:00 Breast TO drill w/fins
 { 2 x 50 on 1:40 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Racing Skills-Breast Starts
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,350 Yards - Stress Value = 68

Workout #24903 - Wednesday, 11 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 10:00 DS>Showers REC
 1 on 5:00 Vertical Kick/Missle Turns SP1
 1,500 1x{10 x 50 on :55 400 IM Pace SP2
 { 1 on 1:00 Rest REC
 { 10 x 50 on :55 400 IM Pace SP2
 { 1 on 1:00 Rest REC
 { 10 x 50 on :55 400 IM Pace SP2
 200 8 x 25 on 3:00 50 Free Pace SP2
 1 on 10:00 Team Mtg REC
 5:30 PM 1,700 Yards - Stress Value = 170

Workout #24904 - Wednesday, 11 December 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 18 x 25 on :30 Wednesday Warm-up
 2-12, 4-14, 6-16, 6-18
 150 10 x 15 on :45 Shooters
 1,250 1x{1 x 100 on 1:40 Free Kick w/board
 { 1 x 100 on 2:00 Free Kick w/board
 { 2 x 100 on 1:45 Free Kick w/board
 { 1 x 100 on 2:00 Free Kick w/board
 { 3 x 100 on 1:50 Free Kick w/board
 { 3 x 50 on 1:00 Free Kick w/board
 { 3 x 100 on 1:55 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 2,000 1x{1 x 100 on 1:30 Free L.25 6BK
 { 1 x 100 on 1:30 Free L.25 2 breaths
 { 1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 1:25 Free L.25 6BK
 { 2 x 100 on 1:25 Free L.25 2 breaths
 { 2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
 { 3 x 100 on 1:20 Free L.25 6bk
 { 3 x 100 on 1:20 Free L.25 2 breaths
 { 3 x 100 on 1:20 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 1:15 Free L.25 6bk
 750 30 x 25 on :30 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,950 Yards - Stress Value = 143

Workout #24905 - Wednesday, 11 December 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 375 15 x 25 on :35 Wednesday Warm-up
 2-14, 4-16, 6-18, 4-20
 150 10 x 15 on :45 Shooters
 1,150 1x{1 x 100 on 1:50 Free Kick w/board
 { 1 x 100 on 2:15 Free Kick w/board
 { 2 x 100 on 1:55 Free Kick w/board
 { 1 x 100 on 2:15 Free Kick w/board
 { 3 x 100 on 2:00 Free Kick w/board
 { 3 x 50 on 1:10 Free Kick w/board
 { 2 x 100 on 2:05 Free Kick w/board
 150 1x{6 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,800 1x{1 x 100 on 1:40 Free L.25 6BK
 { 1 x 100 on 1:40 Free L.25 2 breaths
 { 1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
 { 2 x 100 on 1:35 Free L.25 6BK
 { 2 x 100 on 1:35 Free L.25 2 breaths
 { 2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 { 3 x 100 on 1:30 Free L.25 6bk
 { 3 x 100 on 1:30 Free L.25 2 breaths
 { 3 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
 750 30 x 25 on :30 USRPT 100 Free Pace
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 4,575 Yards - Stress Value = 137

Workout #24906 - Wednesday, 11 December 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
325	1 on 35:00 DS/Dryland
	13 x 25 on :40 Wednesday Warm-up
	2-15, 4-17, 6-19, 1-20
150	10 x 15 on :45 Shooters
1,050	1x{1 x 100 on 2:05 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{2 x 100 on 2:10 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{3 x 100 on 2:15 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{1 x 100 on 2:20 Free Kick w/board
	{1 x 50 on 1:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 100 on 1:50 Free L.25 6BK
	{1 x 100 on 1:50 Free L.25 2 breaths
	{1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:45 Free L.25 6BK
	{2 x 100 on 1:45 Free L.25 2 breaths
	{2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:40 Free L.25 6bk
	{3 x 100 on 1:40 Free L.25 2 breaths
	{1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
625	25 x 25 on :35 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,100 Yards - Stress Value = 118

Workout #24907 - Wednesday, 11 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
275	1 on 35:00 DS/Dryland
	11 x 25 on :45 Wednesday Warm-up
	2-16, 4-18, 5-20
150	10 x 15 on :45 Shooters
950	1x{1 x 100 on 2:20 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board
	{2 x 100 on 2:25 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board
	{3 x 100 on 2:30 Free Kick w/board
	{1 x 100 on 2:45 Free Kick w/board
	{1 x 50 on 1:05 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,400	1x{1 x 100 on 2:05 Free L.25 6BK
	{1 x 100 on 2:05 Free L.25 2 breaths
	{1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:00 Free L.25 6BK
	{2 x 100 on 2:00 Free L.25 2 breaths
	{2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:55 Free L.25 6bk
	{2 x 100 on 1:55 Free L.25 2 breaths
	{1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
625	25 x 25 on :35 USRPT 100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,750 Yards - Stress Value = 115

Workout #24908 - Wednesday, 11 December 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland

275	11 x 25 on :45 Wednesday Warm-up
	2-18, 4-20, 5-22
150	10 x 15 on :45 Shooters
850	1x{1 x 100 on 2:35 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board
	{2 x 100 on 2:40 Free Kick w/board
	{1 x 100 on 3:15 Free Kick w/board
	{3 x 100 on 2:45 Free Kick w/board
	{1 x 50 on 1:15 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,150	1x{1 x 100 on 2:30 Free L.25 6BK
	{1 x 100 on 2:30 Free L.25 2 breaths
	{1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:25 Free L.25 6BK
	{2 x 100 on 2:25 Free L.25 2 breaths
	{2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
	{1 x 100 on 2:20 Free L.25 6bk
	{1 x 100 on 2:20 Free L.25 2 breaths
	{1 x 50 on 1:10 Free L.25 5 KOW-Sprint to fir
550	22 x 25 on :40 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,325 Yards - Stress Value = 101

Workout #24909 - Wednesday, 11 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
225	9 x 25 on 1:00 Wednesday Warm-up
	1-20, 2-22, 3-24, 4-26
150	10 x 15 on :45 Shooters
725	1x{1 x 100 on 3:00 Free Kick w/board
	{1 x 100 on 4:00 Free Kick w/board
	{2 x 100 on 3:00 Free Kick w/board
	{1 x 100 on 4:00 Free Kick w/board
	{2 x 100 on 3:00 Free Kick w/board
	{1 x 25 on 1:00 Free Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
950	1x{1 x 100 on 3:00 Free L.25 6BK
	{1 x 100 on 3:00 Free L.25 2 breaths
	{1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 2:55 Free L.25 6BK
	{2 x 100 on 2:55 Free L.25 2 breaths
	{2 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
	{1 x 50 on 1:00 Free L.25 6bk
450	18 x 25 on :50 USRPT-100 Free Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,850 Yards - Stress Value = 83

Workout #24910 - Thursday, 12 December 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

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

Workout #24911 - Thursday, 12 December 2019

Group 2 - IM'ers

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 Free 3KOW to 10 back to 3
1,000	10 x 15 on :45 Shooters
	1x{6 x 25 on :30 Kick no board B
	{3 x 50 on :50 Kick 1fly lbrst 1 free
	{6 x 25 on :30 Kick no board S
	{3 x 50 on :50 Kick 1fly lbrst 1 free
	{6 x 25 on :30 Kick no board L
	{3 x 50 on :50 Kick 1fly lbrst 1 free
	{4 x 25 on :30 Kick no board R
	1 on 26:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 101

Workout #24912 - Thursday, 12 December 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 Free 3KOW to 10 back to 3
850	10 x 15 on :45 Shooters
	1x{6 x 25 on :35 Kick no board B
	{3 x 50 on 1:00 Kick 1fly lbrst 1 free
	{6 x 25 on :35 Kick no board S
	{3 x 50 on 1:00 Kick 1fly lbrst 1 free
	{4 x 25 on :35 Kick no board 2L2R
	{3 x 50 on 1:00 Kick 1fly lbrst
	1 on 26:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,600 Yards - Stress Value = 98

Workout #24913 - Thursday, 12 December 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Shooters
	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 1 fly 1 brst 1 free
	1 on 26:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,325 Yards - Stress Value = 83

Workout #24914 - Thursday, 12 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
750	10 x 15 on :45 Shooters
	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 choice
	1 on 26:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,200 Yards - Stress Value = 76

Workout #24915 - Thursday, 12 December 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
600	10 x 15 on :45 Shooters
	1x{4 x 25 on :45 Kick no board B
	{3 x 50 on 1:30 Kick 1fly lbrst 1 free
	{4 x 25 on :45 Kick no board S
	{3 x 50 on 1:30 Kick 1fly lbrst 1 free
	{4 x 25 on :45 Kick no board 2L2R
	1 on 26:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 USRPT-100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 1,950 Yards - Stress Value = 68

Workout #24916 - Thursday, 12 December 2019

Group 2 - Copper

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
500	10 x 15 on :45 Shooters
	1x{4 x 25 on 1:00 Kick no board B
	{3 x 50 on 2:00 Kick 1fly lbrst 1 free
	{4 x 25 on 1:00 Kick no board S
	{3 x 50 on 2:00 Kick 1 fly 1 brst 1 free
	1 on 26:00 TEACH DAY-IM
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,500	15 x 100 on 1:00 USRPT 100 Fly Pace
	1 on 10:00 Racing Skills-Bucket Turns
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 2,800 Yards - Stress Value = 166

Workout #24917 - Friday, 13 December 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start
Meters Set Description EGY W
=====

1	on 40:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
1,500	30 x 50 on :50 200 Free Pace	SP2
	1 on 8:00 Recovery #1	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 8:00 Recovery #2	REC
750	30 x 25 on :30 100 Back Pace	SP2
	1 on 8:00 Recovery #3	REC
1,000	40 x 25 on :30 200 Fly Pace	SP2
	1 on 10:00 Tic Tac Toe Relay	EN2

8:15 AM 4,225 Meters - Stress Value = 451

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

500	1 on 40:00 DS/Dryland	REC
	4 x 125 on 2:15 SwimUSS	REC
	50swim25scull125underwater25swim	
150	10 x 15 on :45 Shooters	SP3
1,350	1x{1 x 100 on 1:40 2 strokes fly off walls	EN2
	{1 x 75 on 1:15 3 strokes fly off walls	EN2
	{1 x 50 on :55 4 strokes fly off walls	EN2
	{1 x 25 on :35 5 strokes fly off walls	EN2
	{1 x 200 on 4:00 Butterfly	EN2
	{1 x 100 on 1:40 3 strokes fly off walls	EN2
	{1 x 75 on 1:15 4 strokes fly off walls	EN2
	{1 x 50 on :55 5 stokes fly off walls	EN2
	{1 x 25 on :35 6 strokes fly off walls	EN2
	{1 x 200 on 3:55 Butterfly	EN2
	{1 x 100 on 1:40 4 strokes fly off walls	EN2
	{1 x 75 on 1:15 5 strokes fly off walls	EN2
	{1 x 50 on :55 6 strokes fly off walls	EN2
	{1 x 25 on :35 7 strokes fly off walls	EN2
	{1 x 200 on 3:50 Butterfly	EN2
250	1 x 250 on 5:00 Stroke Drills	REC

6:30 PM 2,250 Yards - Stress Value = 33

Workout #24918 - Friday, 13 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
Yards Set Description EGY
=====

	1 on 10:00 DS/Showers	REC
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3
750	1x{30 x 25 on :30 100 Breast Pace	SP2
	{1 on 10:00 Racing Skills-CO Turns	REC
	1 on 2:00 Transistion between pools	REC
900	1x{30 x 20 on :30 100 Free Pace-Diving Well	SP2
	{8 x 15 on :25 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2
	1 on 6:00 Group Challenge!	SP2

5:30 PM 1,890 Yards - Stress Value = 151

Workout #24921 - Friday, 13 December 2019
Group 2 - Silver
1 minute rest between sets

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

400	1 on 40:00 DS/Dryland	REC
	4 x 100 on 2:15 SwimUSS	REC
	25swim25scull125underwater25swim	
150	10 x 15 on :45 Shooters	SP3
1,150	1x{1 x 100 on 1:55 2 strokes fly off walls	EN2
	{1 x 75 on 1:25 3 strokes fly off walls	EN2
	{1 x 50 on 1:00 4 strokes fly off walls	EN2
	{1 x 25 on :40 5 strokes fly off walls	EN2
	{1 x 150 on 3:30 Butterfly	EN2
	{1 x 100 on 1:55 3 strokes fly off walls	EN2
	{1 x 75 on 1:25 4 strokes fly off walls	EN2
	{1 x 50 on 1:00 5 stokes fly off walls	EN2
	{1 x 25 on :40 6 strokes fly off walls	EN2
	{1 x 150 on 3:25 Butterfly	EN2
	{1 x 100 on 1:55 4 strokes fly off walls	EN2
	{1 x 75 on 1:25 5 strokes fly off walls	EN2
	{1 x 50 on 1:00 6 strokes fly off walls	EN2
	{1 x 25 on :40 7 strokes fly off walls	EN2
	{1 x 100 on 2:15 Butterfly	EN2
250	1 x 250 on 5:00 Stroke Drills	REC

6:30 PM 1,950 Yards - Stress Value = 29

Workout #24919 - Friday, 13 December 2019

Group 2 - Fly

1 minute rest between sets

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

500	1 on 40:00 DS/Dryland	REC
	4 x 125 on 2:15 SwimUSS	REC
	50swim25scull125underwater25swim	
150	10 x 15 on :45 Shooters	SP3
1,500	1x{1 x 100 on 1:35 2 strokes fly off walls	EN2
	{1 x 75 on 1:10 3 strokes fly off walls	EN2
	{1 x 50 on :50 4 strokes fly off walls	EN2
	{1 x 25 on :30 5 strokes fly off walls	EN2
	{1 x 250 on 4:20 Butterfly	EN2
	{1 x 100 on 1:35 3 strokes fly off walls	EN2
	{1 x 75 on 1:10 4 strokes fly off walls	EN2
	{1 x 50 on :50 5 stokes fly off walls	EN2
	{1 x 25 on :30 6 strokes fly off walls	EN2
	{1 x 250 on 4:15 Butterfly	EN2
	{1 x 100 on 1:35 4 strokes fly off walls	EN2
	{1 x 75 on 1:10 5 strokes fly off walls	EN2
	{1 x 50 on :50 6 strokes fly off walls	EN2
	{1 x 25 on :30 7 strokes fly off walls	EN2
	{1 x 250 on 4:10 Butterfly	EN2
250	1 x 250 on 5:00 Stroke Drills	REC

6:30 PM 2,400 Yards - Stress Value = 36

Workout #24920 - Friday, 13 December 2019

Group 2 - Gold

1 minute rest between sets

Workout #24922 - Friday, 13 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
400	1 on 40:00 DS/Dryland	REC
	4 x 100 on 2:15 SwimUSS	REC
	25swim25scull25underwater25swim	
150	10 x 15 on :45 Shooters	SP3
1,100	1x{1 x 100 on 2:05 2 strokes fly off walls	EN2
	{1 x 75 on 1:35 3 strokes fly off walls	EN2
	{1 x 50 on 1:05 4 strokes fly off walls	EN2
	{1 x 25 on :45 5 strokes fly off walls	EN2
	{1 x 150 on 3:45 Butterfly	EN2
	{1 x 100 on 2:05 3 strokes fly off walls	EN2
	{1 x 75 on 1:35 4 strokes fly off walls	EN2
	{1 x 50 on 1:05 5 strokes fly off walls	EN2
	{1 x 25 on :45 6 strokes fly off walls	EN2
	{1 x 150 on 3:40 Butterfly	EN2
	{1 x 100 on 2:05 4 strokes fly off walls	EN2
	{1 x 75 on 1:35 5 strokes fly off walls	EN2
	{1 x 50 on 1:05 6 strokes fly off walls	EN2
	{1 x 25 on :45 7 strokes fly off walls	EN2
	{1 x 50 on 1:00 Butterfly	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 1,900 Yards - Stress Value = 28	

Workout #24923 - Friday, 13 December 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
300	1 on 40:00 DS/Dryland	REC
	4 x 75 on 2:00 SwimSS	REC
	25swim25scull25swim	
150	10 x 15 on :45 Shooters	SP3
950	1x{1 x 100 on 2:30 2 strokes fly off walls	EN2
	{1 x 75 on 1:50 3 strokes fly off walls	EN2
	{1 x 50 on 1:15 4 strokes fly off walls	EN2
	{1 x 25 on :50 5 strokes fly off walls	EN2
	{1 x 100 on 3:00 Butterfly	EN2
	{1 x 100 on 2:30 3 strokes fly off walls	EN2
	{1 x 75 on 1:50 4 strokes fly off walls	EN2
	{1 x 50 on 1:15 5 strokes fly off walls	EN2
	{1 x 25 on :50 6 strokes fly off walls	EN2
	{1 x 100 on 3:00 Butterfly	EN2
	{1 x 100 on 2:30 4 strokes fly off walls	EN2
	{1 x 75 on 1:50 5 strokes fly off walls	EN2
	{1 x 50 on 1:15 6 strokes fly off walls	EN2
	{1 x 25 on :50 7 strokes fly off walls	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	6:30 PM 1,650 Yards - Stress Value = 25	

Workout #24924 - Friday, 13 December 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY
300	1 on 40:00 DS/Dryland	REC
	4 x 75 on 2:15 SwimSS	REC
	25swim25scull25swim	
150	10 x 15 on :45 Shooters	SP3
650	1x{1 x 100 on 3:30 2 strokes fly off walls	EN2
	{1 x 75 on 2:35 3 strokes fly off walls	EN2
	{1 x 50 on 1:45 4 strokes fly off walls	EN2
	{1 x 25 on 1:00 5 strokes fly off walls	EN2
	{1 x 50 on 2:00 Butterfly	EN2
	{1 x 100 on 3:30 3 strokes fly off walls	EN2
	{1 x 75 on 2:35 4 strokes fly off walls	EN2

	{1 x 50 on 1:45 5 strokes fly off walls	EN2
	{1 x 25 on 1:00 6 strokes fly off walls	EN2
	{1 x 100 on 4:00 Butterfly	EN2
250	1 x 250 on 5:00 Stroke Drills	REC
	6:29 PM 1,350 Yards - Stress Value = 19	

Workout #24925 - Saturday, 14 December 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
	1 on 15:00 Qswim DS/Shower	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
1,000	40 x 25 on :30 200 Free Pace	SP2	
	1 on 8:00 Recovery #1	REC	
1,000	40 x 25 on :30 200 Fly Pace	SP2	
	1 on 8:00 Recovery #2	REC	
1,000	40 x 25 on :30 200 Back Pace	SP2	
	1 on 8:00 Recovery #3	REC	
1,000	40 x 25 on :30 200 Breast Pace	SP2	
	1 on 10:00 Lane Line Survivor	EN2	
	9:25 AM 4,240 Yards - Stress Value = 410		

Workout #24926 - Monday, 16 December 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

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

Workout #24927 - Monday, 16 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY	WOF
	1 on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills #1 Shooter	SP3	
2,500	25 x 100 on 1:30 1650 Free Pace	SP2	
	Sets of 5: #1 =, #3 GT, #5 Rec		
120	6 x 20 on 3:00 Timed Underwaters-S	SP3	
	5:30 PM 2,845 Yards - Stress Value = 264		

Workout #24928 - Monday, 16 December 2019

Group 2 - Breast

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
600	1 on 35:00 DS/Dryland
150	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
900	10 x 15 on :45 Shooters
1,300	1x{1 x 200 on 3:50 Breast Kick w/board { 4 x 25 on :40 Breast Kick-streamline on back { 2 x 175 on 3:20 Breast Kick w/board { 4 x 25 on :40 Breast Kick-streamline on back { 1 x 100 on 1:50 Breast Kick w/board { 2 x 25 on :40 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,300	1x{2 x 200 on 3:30 Breaststroke { 1 on :30 Put fins on { 6 x 25 on :30 Breast TO Drill w/fins { 2 x 150 on 2:35 Breaststroke { 1 on :30 Put fins on { 6 x 25 on :30 Breast TO drill w/fins { 3 x 100 on 1:40 Breaststroke
625	25 x 25 on :35 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-LP Turns
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,875 Yards - Stress Value = 112

Workout #24929 - Monday, 16 December 2019

Group 2 - Gold

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
550	1 on 35:00 DS/Dryland
150	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
850	10 x 15 on :45 Shooters
1,200	1x{1 x 200 on 4:05 Breast Kick w/board { 4 x 25 on :40 Breast Kick-streamline on back { 2 x 175 on 3:30 Breast Kick w/board { 4 x 25 on :40 Breast Kick-streamline on back { 1 x 100 on 1:55 Breast Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{2 x 200 on 3:50 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :30 Breast TO Drill w/fins { 2 x 150 on 2:50 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :30 Breast TO drill w/fins { 2 x 100 on 1:50 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :30 Breast TO Drill w/fins
625	25 x 25 on :35 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,675 Yards - Stress Value = 109

Workout #24930 - Monday, 16 December 2019

Group 2 - Silver

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
800	10 x 15 on :45 Shooters
800	1x{1 x 200 on 4:30 Breast Kick w/board { 2 x 25 on :45 Breast Kick-streamline on back { 2 x 175 on 3:55 Breast Kick w/board { 4 x 25 on :45 Breast Kick-streamline on back

100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,050	1x{2 x 200 on 4:25 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :40 Breast TO Drill w/fins { 2 x 125 on 2:45 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :40 Breast TO drill w/fins { 2 x 100 on 2:10 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,350 Yards - Stress Value = 98

Workout #24931 - Monday, 16 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
700	10 x 15 on :45 Shooters
700	1x{1 x 200 on 5:00 Breast Kick w/board { 4 x 25 on :45 Breast Kick-streamline on back { 2 x 150 on 3:45 Breast Kick w/board { 4 x 25 on :45 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
950	1x{2 x 200 on 4:50 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :40 Breast TO Drill w/fins { 2 x 100 on 2:20 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :40 Breast TO drill w/fins { 2 x 75 on 1:45 Breaststroke
550	22 x 25 on :40 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	3,100 Yards - Stress Value = 94

Workout #24932 - Monday, 16 December 2019

Group 2 - Bronze

1 minute rest between sets

Yards	Set Description
5:15 PM	Start
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
650	10 x 15 on :45 Shooters
650	1x{1 x 200 on 5:30 Breast Kick w/board { 4 x 25 on :45 Breast Kick-streamline on back { 2 x 150 on 4:10 Breast Kick w/board { 2 x 25 on :45 Breast Kick-streamline on back
100	1x{4 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
850	1x{2 x 150 on 4:15 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :45 Breast TO Drill w/fins { 2 x 100 on 2:50 Breaststroke { 1 on :30 Put fins on { 4 x 25 on :40 Breast TO drill w/fins { 3 x 50 on 1:20 Breaststroke
500	20 x 25 on :45 USRPT-100 Breast Pace
200	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
7:30 PM	2,850 Yards - Stress Value = 86

Workout #24933 - Monday, 16 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
525	1x{1 x 200 on 7:00 Breast Kick w/board
	{ 2 x 25 on 1:00 Breast Kick-streamline on bac
	{ 2 x 100 on 3:30 Breast Kick w/board
	{ 3 x 25 on 1:00 Breast Kick-streamline on bac
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
650	1x{1 x 200 on 7:00 Breaststroke
	{ 1 on :30 Put fins on
	{ 4 x 25 on 1:00 Breast TO Drill w/fins
	{ 1 x 150 on 5:00 Breaststroke
	{ 1 on :30 Put fins on
	{ 4 x 25 on 1:00 Breast TO drill w/fins
	{ 2 x 50 on 1:40 Breaststroke
375	15 x 25 on 1:00 USRPT-100 Breast Pace
	1 on 10:00 Racing Skills-LP turns
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,350 Yards - Stress Value = 68

Workout #24934 - Tuesday, 17 December 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

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

Workout #24935 - Tuesday, 17 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

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

Workout #24936 - Tuesday, 17 December 2019

Group 2 - Freestylers

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 Sun Yang Free w/snorkels

150	10 x 15 on :45 Shooters
1,000	1x{1 x 150 on 2:30 Free Kick w/board
	{ 2 x 50 on 1:00 Free Kick w/board
	{ 2 x 125 on 2:10 Free Kick w/board
	{ 2 x 50 on 1:00 Free Kick w/board
	{ 3 x 100 on 1:45 Free Kick w/board
	{ 2 x 50 on 1:00 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{1 x 100 on 1:30 Free L.25 6BK
	{ 1 x 100 on 1:30 Free L.25 2 breaths
	{ 1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
	{ 2 x 100 on 1:25 Free L.25 6BK
	{ 2 x 100 on 1:25 Free L.25 2 breaths
	{ 2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
	{ 3 x 100 on 1:20 Free L.25 6bk
	{ 3 x 100 on 1:20 Free L.25 2 breaths
	{ 3 x 100 on 1:15 Free L.25 5 KOW-Sprint to fi
750	30 x 25 on :30 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Spinners
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,600 Yards - Stress Value = 135

Workout #24937 - Tuesday, 17 December 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Sun Yang Free w/snorkels
150	10 x 15 on :45 Shooters
950	1x{1 x 150 on 2:45 Free Kick w/board
	{ 2 x 50 on 1:05 Free Kick w/board
	{ 2 x 125 on 2:20 Free Kick w/board
	{ 2 x 50 on 1:05 Free Kick w/board
	{ 3 x 100 on 1:55 Free Kick w/board
	{ 1 x 50 on 1:05 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,600	1x{1 x 100 on 1:40 Free L.25 6BK
	{ 1 x 100 on 1:40 Free L.25 2 breaths
	{ 1 x 100 on 1:40 Free L.25 5 KOW-Sprint to fi
	{ 2 x 100 on 1:35 Free L.25 6BK
	{ 2 x 100 on 1:35 Free L.25 2 breaths
	{ 2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
	{ 2 x 100 on 1:30 Free L.25 6bk
	{ 2 x 100 on 1:30 Free L.25 2 breaths
	{ 3 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
750	30 x 25 on :30 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Spinners
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,300 Yards - Stress Value = 129

Workout #24938 - Tuesday, 17 December 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 850 1x{1 x 150 on 3:10 Free Kick w/board
 {2 x 50 on 1:10 Free Kick w/board
 {2 x 125 on 2:40 Free Kick w/board
 {2 x 50 on 1:10 Free Kick w/board
 {2 x 100 on 2:10 Free Kick w/board
 {1 x 50 on 1:10 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,400 1x{1 x 100 on 1:50 Free L.25 6BK
 {1 x 100 on 1:50 Free L.25 2 breaths
 {1 x 100 on 1:50 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 1:45 Free L.25 6BK
 {2 x 100 on 1:45 Free L.25 2 breaths
 {2 x 100 on 1:45 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:40 Free L.25 6bk
 {2 x 100 on 1:40 Free L.25 2 breaths
 {2 x 100 on 1:35 Free L.25 5 KOW-Sprint to fi
 625 25 x 25 on :35 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,825 Yards - Stress Value = 110

{2 x 50 on 1:35 Free Kick w/board
 {2 x 100 on 2:45 Free Kick w/board
 {2 x 50 on 1:35 Free Kick w/board
 {1 x 100 on 2:50 Free Kick w/board
 {1 x 50 on 1:25 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,000 1x{1 x 100 on 2:30 Free L.25 6BK
 {1 x 100 on 2:30 Free L.25 2 breaths
 {1 x 100 on 2:30 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:25 Free L.25 6BK
 {2 x 100 on 2:25 Free L.25 2 breaths
 {2 x 100 on 2:25 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 2:20 Free L.25 6bk
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,000 Yards - Stress Value = 94

Workout #24941 - Tuesday, 17 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 1 x 300 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 3:00 Free Kick w/board
 {2 x 50 on 1:45 Free Kick w/board
 {2 x 100 on 3:00 Free Kick w/board
 {2 x 50 on 1:45 Free Kick w/board
 {1 x 100 on 3:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{1 x 100 on 3:00 Free L.25 6BK
 {1 x 100 on 3:00 Free L.25 2 breaths
 {1 x 100 on 3:00 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:55 Free L.25 6BK
 {2 x 100 on 2:55 Free L.25 2 breaths
 {1 x 100 on 2:55 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on 1:00 Free L.25 6bk
 450 18 x 25 on :50 USRPT-100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 2,650 Yards - Stress Value = 79

Workout #24939 - Tuesday, 17 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 750 1x{1 x 150 on 3:30 Free Kick w/board
 {2 x 50 on 1:20 Free Kick w/board
 {2 x 125 on 3:00 Free Kick w/board
 {2 x 50 on 1:20 Free Kick w/board
 {2 x 75 on 1:55 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{1 x 100 on 2:05 Free L.25 6BK
 {1 x 100 on 2:05 Free L.25 2 breaths
 {1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:00 Free L.25 6BK
 {2 x 100 on 2:00 Free L.25 2 breaths
 {2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:55 Free L.25 6bk
 {1 x 100 on 1:55 Free L.25 2 breaths
 {1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
 {1 x 50 on :55 Free L.25 5KOW-Sprint to finis
 625 25 x 25 on :35 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Spinners
 200 1 x 200 on 4:00 Stroke Drills
 7:30 PM 3,525 Yards - Stress Value = 106

Workout #24942 - Wednesday, 18 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start
 Yards Set Description EGY WC
 =====
 1 on 10:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills-#2 Shooters SP3
 1,500 30 x 50 on :55 #1 Non 200 Free SP2
 1 on 12:00 Racing Skills-CO Turns REC
 100 1 x 100 on 10:00 100 Free for time-OTB SP1
 1 on 6:00 Team Meeting REC
 5:30 PM 1,825 Yards - Stress Value = 167

Workout #24940 - Tuesday, 17 December 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 Sun Yang Free w/snorkels
 150 10 x 15 on :45 Shooters
 650 1x{1 x 100 on 2:40 Free Kick w/board

Workout #24943 - Wednesday, 18 December 2019

Group 2 - Fly

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up 2-12, 4-13, 6-14, 6-15
150	10 x 15 on :45 Shooters
1,200	1x{8 x 25 on :30 Kick no board BSLR {1 x 200 on 3:55 Fly Kick w/board {8 x 25 on :30 Kick no board BSLR {1 x 200 on 3:50 Fly Kick w/board {8 x 25 on :30 Kick no board BSLR {1 x 200 on 3:45 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,650	1x{1 x 100 on 1:35 2 strokes fly off walls {1 x 75 on 1:10 3 strokes fly off walls {1 x 50 on :50 4 strokes fly off walls {1 x 25 on :30 5 strokes fly off walls {2 x 150 on 2:45 Fly {1 x 100 on 1:35 3 strokes fly off walls {1 x 75 on 1:10 4 strokes fly off walls {1 x 50 on :50 5 strokes fly off walls {1 x 25 on :30 6 strokes fly off walls {2 x 150 on 2:40 Fly {1 x 100 on 1:35 4 strokes fly off walls {1 x 75 on 1:10 5 strokes fly off walls {1 x 50 on :50 6 strokes fly off walls {1 x 25 on :30 7 strokes fly off walls {2 x 150 on 2:35 Fly
750	30 x 25 on :30 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 4,550 Yards - Stress Value = 138

Workout #24945 - Wednesday, 18 December 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up 2-15, 4-16, 6-17, 1-18
150	10 x 15 on :45 Shooters
950	1x{8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:40 Fly Kick w/board {8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:35 Fly Kick w/board {6 x 25 on :40 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,350	1x{1 x 100 on 1:55 2 strokes fly off walls {1 x 75 on 1:25 3 strokes fly off walls {1 x 50 on 1:00 4 strokes fly off walls {1 x 25 on :40 5 strokes fly off walls {2 x 150 on 3:30 Butterfly {1 x 100 on 1:55 3 strokes fly off walls {1 x 75 on 1:25 4 strokes fly off walls {1 x 50 on 1:00 5 strokes fly off walls {1 x 25 on :40 6 strokes fly off walls {2 x 150 on 3:25 Butterfly {1 x 100 on 1:55 4 strokes fly off walls {1 x 75 on 1:25 5 strokes fly off walls {1 x 50 on 1:00 6 strokes fly off walls {1 x 25 on :40 7 strokes fly off walls
625	25 x 25 on :35 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:31 PM 3,750 Yards - Stress Value = 114

Workout #24944 - Wednesday, 18 December 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	18 x 25 on :30 Wednesday Warm-up 2-14, 4-15, 6-16, 4-17
150	10 x 15 on :45 Shooters
1,100	1x{8 x 25 on :35 Kick no board BSLR {1 x 200 on 4:05 Fly Kick w/board {8 x 25 on :35 Kick no board BSLR {1 x 200 on 4:00 Fly Kick w/board {8 x 25 on :35 Kick no board BSLR {1 x 100 on 1:55 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,500	1x{1 x 100 on 1:40 2 strokes fly off walls {1 x 75 on 1:15 3 strokes fly off walls {1 x 50 on :55 4 strokes fly off walls {1 x 25 on :35 5 strokes fly off walls {2 x 150 on 3:00 Butterfly {1 x 100 on 1:40 3 strokes fly off walls {1 x 75 on 1:15 4 strokes fly off walls {1 x 50 on :55 5 strokes fly off walls {1 x 25 on :35 6 strokes fly off walls {2 x 150 on 2:55 Butterfly {1 x 100 on 1:40 4 strokes fly off walls {1 x 75 on 1:15 5 strokes fly off walls {1 x 50 on :55 6 strokes fly off walls {1 x 25 on :35 7 strokes fly off walls {1 x 150 on 2:50 Butterfly
625	25 x 25 on :35 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 4,175 Yards - Stress Value = 120

Workout #24946 - Wednesday, 18 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
325	13 x 25 on :40 Wednesday Warm-up 2-16, 4-17, 6-18, 1-19
150	10 x 15 on :45 Shooters
900	1x{8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:55 Fly Kick w/board {8 x 25 on :40 Kick no board BSLR {1 x 200 on 4:50 Fly Kick w/board {4 x 25 on :40 Kick no board BSLR
150	1x{6 x 25 on 1:00 Odds face in sculling drills { Evens-underwaters, count kicks
1,200	1x{1 x 100 on 2:05 2 strokes fly off walls {1 x 75 on 1:35 3 strokes fly off walls {1 x 50 on 1:05 4 strokes fly off walls {1 x 25 on :45 5 strokes fly off walls {2 x 150 on 3:45 Butterfly {1 x 100 on 2:05 3 strokes fly off walls {1 x 75 on 1:35 4 strokes fly off walls {1 x 50 on 1:05 5 strokes fly off walls {1 x 25 on :45 6 strokes fly off walls {2 x 150 on 3:40 Butterfly {1 x 100 on 2:05 4 strokes fly off walls
550	22 x 25 on :40 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 3,475 Yards - Stress Value = 103

Workout #24947 - Wednesday, 18 December 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
	12 x 25 on :45 Wednesday Warm-up
	2-18, 4-20, 6-22
150	10 x 15 on :45 Shooters
800	1x{8 x 25 on :45 Kick no board BSLR
	{1 x 200 on 5:30 Fly Kick w/board
	{8 x 25 on :45 Kick no board BSLR
	{1 x 150 on 4:10 Fly Kick w/board
	{2 x 25 on :45 Kick no board BS
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,000	1x{1 x 100 on 2:30 2 strokes fly off walls
	{1 x 75 on 1:50 3 strokes fly off walls
	{1 x 50 on 1:15 4 strokes fly off walls
	{1 x 25 on :50 5 strokes fly off walls
	{2 x 100 on 3:00 Butterfly
	{1 x 100 on 2:30 3 strokes fly off walls
	{1 x 75 on 1:50 4 strokes fly off walls
	{1 x 50 on 1:15 5 strokes fly off walls
	{1 x 25 on :50 6 strokes fly off walls
	{2 x 100 on 3:00 Butterfly
	{1 x 100 on 2:30 4 strokes fly off walls
450	18 x 25 on :45 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:29 PM 3,050 Yards - Stress Value = 87

Workout #24948 - Wednesday, 18 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
300	1 on 35:00 DS/Dryland
	12 x 25 on :45 Wednesday Warm-up
	2-20, 4-22, 6-24
150	10 x 15 on :45 Shooters
600	1x{4 x 25 on 1:00 Kick no board BSLR
	{1 x 200 on 8:00 Fly Kick w/board
	{4 x 25 on 1:00 Kick no board BSLR
	{1 x 200 on 8:00 Fly Kick w/board
150	1x{6 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	1x{1 x 100 on 3:30 2 strokes fly off walls
	{1 x 75 on 2:35 3 strokes fly off walls
	{1 x 50 on 1:45 4 strokes fly off walls
	{1 x 25 on 1:00 5 strokes fly off walls
	{1 x 100 on 4:00 Butterfly
	{1 x 100 on 3:30 3 strokes fly off walls
	{1 x 75 on 2:35 4 strokes fly off walls
	{1 x 50 on 1:45 5 strokes fly off walls
	{1 x 25 on 1:00 6 strokes fly off walls
	{1 x 100 on 4:00 Butterfly
	{1 x 50 on 1:30 4 strokes off walls
375	15 x 25 on 1:00 USRPT 100 Fly Pace
200	1 x 200 on 4:00 Stroke Drills
	7:30 PM 2,525 Yards - Stress Value = 71

Workout #24949 - Thursday, 19 December 2019

HighSchl - USRPT

1 minute rest between sets

5:30 AM Start

Yards	Set Description
	1 on 40:00 DS/Weights/Back to Pool
225	15 x 15 on :45 Racing Skills-Breast Shooters
1,500	30 x 50 on :55 200 Breast Pace

	1 on 5:00 Recovery #1	RE
750	30 x 25 on :30 100 Back Pace	SF
	1 on 5:00 Recovery #2	RE
750	30 x 25 on :30 100 Fly Pace	SF
	1 on 5:00 Recovery #3	RE
1,500	30 x 50 on :50 200 Free Pace	SF
50	1 x 50 on 10:00 50 for Time -OTB	SF
	8:15 AM 4,775 Yards - Stress Value = 464	

Workout #24950 - Thursday, 19 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description
	1 on 10:00 DS/Showers
225	15 x 15 on :45 Racing Skills-Crossover Turns
1,875	25 x 75 on 1:10 500 Free Pace
	Sets of 5 #1 =, #3 GT, #5 REC
100	5 x 20 on 3:00 Timed underwater-B
	1 on 10:00 Team Mtg-Starts at 5:20
	5:29 PM 2,200 Yards - Stress Value = 199

Workout #24951 - Thursday, 19 December 2019

Group 2 - Back

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
600	1 x 600 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
950	1x{8 x 25 on :30 Kick no board B
	{3 x 50 on 1:00 Kick on L/R/S
	{6 x 25 on :30 Kick no board B
	{3 x 50 on 1:00 Kick on L/R/S
	{6 x 25 on :30 Kick no board B
	{3 x 50 on 1:00 Kick on L/R/S
	1 on 26:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
750	30 x 25 on :30 100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,800 Yards - Stress Value = 100

Workout #24952 - Thursday, 19 December 2019

Group 2 - Gold

1 minute rest between sets

5:15 PM Start

Yards	Set Description
	1 on 35:00 DS/Dryland
550	1 x 550 on 9:00 Free 3KOW to 10 back to 3
150	10 x 15 on :45 Shooters
800	1x{8 x 25 on :35 Kick no board B
	{3 x 50 on 1:05 Kick on L/R/S
	{6 x 25 on :35 Kick no board B
	{3 x 50 on 1:05 Kick on L/R/S
	{4 x 25 on :35 Kick no board B
	{1 x 50 on 1:05 Kick on S
	1 on 26:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
625	25 x 25 on :35 100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,475 Yards - Stress Value = 84

Workout #24953 - Thursday, 19 December 2019

Group 2 - Silver

1 minute rest between sets

5:15 PM Start

Yards	Set Description
500	1 on 35:00 DS/Dryland
150	1 x 500 on 9:00 Free 3KOW to 10 back to 3
700	10 x 15 on :45 Shooters
	1x{8 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick on L/R/S
	{6 x 25 on :40 Kick no board B
	{3 x 50 on 1:15 Kick on L/R/S
	{2 x 25 on :40 Kick no board B
	1 on 26:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
550	22 x 25 on :40 100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,250 Yards - Stress Value = 75

Workout #24954 - Thursday, 19 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
450	1 on 35:00 DS/Dryland
150	1 x 450 on 9:00 Free 3KOW to 10 back to 3
650	10 x 15 on :45 Shooters
	1x{6 x 25 on :45 Kick no board B
	{3 x 50 on 1:20 Kick on L/R/S
	{6 x 25 on :45 Kick no board B
	{3 x 50 on 1:20 Kick on L/R/S
	{2 x 25 on :45 Kick no board B
	1 on 26:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
500	20 x 25 on :45 100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 2,100 Yards - Stress Value = 69

Workout #24955 - Thursday, 19 December 2019

Group 2 - Bronze

1 minute rest between sets

5:15 PM Start

Yards	Set Description
400	1 on 35:00 DS/Dryland
150	1 x 400 on 9:00 Free 3KOW to 10 back to 3
550	10 x 15 on :45 Shooters
	1x{4 x 25 on 1:00 Kick no board B
	{3 x 50 on 1:30 Kick on L/R/S
	{4 x 25 on 1:00 Kick no board B
	{3 x 50 on 1:30 Kick Streamline on back
	{2 x 25 on 1:00 Kick no board B
	1 on 26:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
450	18 x 25 on :50 100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:30 PM 1,900 Yards - Stress Value = 62

Workout #24956 - Thursday, 19 December 2019

Group 2 - Copper

1 minute rest between sets

5:15 PM Start

Yards	Set Description
350	1 on 35:00 DS/Dryland
150	1 x 350 on 9:00 Free 3KOW to 10 back to 3
450	10 x 15 on :45 Shooters
	1x{4 x 25 on 1:00 Kick no board B
	{2 x 50 on 2:00 Kick on L/R
	{4 x 25 on 1:00 Kick no board B
	{3 x 50 on 2:00 Kick L/R/S
	1 on 26:00 Teach Day Backstroke
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
375	15 x 25 on 1:00 100 Back Pace
	1 on 10:00 Racing Skills-Back Finishes
250	1 x 250 on 4:00 Stroke Drills
	7:29 PM 1,675 Yards - Stress Value = 53

Workout #24957 - Friday, 20 December 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Meters	Set Description	EGY
225	1 on 38:00 DS/Weights/Back to Pool	REC
1,000	15 x 15 on :45 Racing Skills-Fly Shooters	SP3
	40 x 25 on :30 200 Fly Pace	SP2
	1 on 5:00 Recovery #1	REC
750	30 x 25 on :30 100 Free Pace	SP2
	1 on 5:00 Recovery #2	REC
750	30 x 25 on :30 100 Breast Pace	SP2
	1 on 5:00 Recovery #3	REC
1,500	30 x 50 on :50 200 Back Pace	SP2
	1 on 10:00 Tic Tac Toe Relay	EN2
	9:34 AM 4,225 Meters - Stress Value = 451	

Workout #24958 - Friday, 20 December 2019

HighSchl - USRPT

1 minute rest between sets

4:10 PM Start

Yards	Set Description	EGY
240	1 on 10:00 DS/Showers	REC
750	16 x 15 on :45 Racing Skills-IM Shooters	SP3
	1x{30 x 25 on :30 100 Back Pace	SP2
	{1 on 10:00 Racing Skills-CO Turns	REC
	1 on 2:00 Transition between pools	REC
900	1x{30 x 20 on :30 100 Fly Pace-Diving Well	SP2
	{8 x 15 on :25 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{6 x 15 on :20 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{4 x 15 on :15 Undr Wtr Fly Kck	EN2
	{1 on :30 Rest	REC
	{2 x 15 on :10 Undr Wtr Fly Kck	EN2
	1 on 6:00 Group Challenge!	SP2
	5:30 PM 1,890 Yards - Stress Value = 151	

Workout #24959 - Friday, 20 December 2019

Group 2 - IM'ers

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	I
500	4 x 125 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,700	1x{1 x 200 on 3:10 Individual Medley	EN2	S	
	{3 x 100 on 1:30 Mystery Medley	EN2	S	
	{1 x 200 on 3:05 Individual Medley	EN2	S	
	{3 x 100 on 1:30 Mystery Medley	EN2	S	
	{1 x 200 on 3:00 Individual Medley	EN2	S	
	{3 x 100 on 1:30 Mystery Medley	EN2	S	
	{1 x 200 on 2:55 Individual Medley	EN2	S	
250	1 x 250 on 4:00 Stroke Drills	REC	D	
	6:30 PM 2,600 Yards - Stress Value = 40			

Workout #24960 - Friday, 20 December 2019

Group 2 - Gold

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	I
500	4 x 125 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,600	1x{1 x 200 on 3:20 Individual Medley	EN2	S	
	{3 x 100 on 1:40 Mystery Medley	EN2	S	
	{1 x 200 on 3:15 Individual Medley	EN2	S	
	{3 x 100 on 1:40 Mystery Medley	EN2	S	
	{1 x 200 on 3:10 Individual Medley	EN2	S	
	{4 x 100 on 1:40 Mystery Medley	EN2	S	
200	1 x 200 on 3:00 Stroke Drills	REC	D	
	6:30 PM 2,450 Yards - Stress Value = 38			

Workout #24961 - Friday, 20 December 2019

Group 2 - Silver

1 minute rest between sets

5:00 PM Start

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

Workout #24962 - Friday, 20 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	I
400	4 x 100 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
1,300	1x{1 x 200 on 4:10 Individual Medley	EN2	S	
	{2 x 100 on 2:00 Mystery Medley	EN2	S	
	{1 x 200 on 4:05 Individual Medley	EN2	S	
	{3 x 100 on 2:00 Mystery Medley	EN2	S	
	{1 x 200 on 4:00 Individual Medley	EN2	S	

	{2 x 100 on 2:00 Mystery Medley	EN2	S
200	1 x 200 on 4:00 Stroke Drills	REC	D
	6:31 PM 2,050 Yards - Stress Value = 32		

Workout #24963 - Friday, 20 December 2019

Group 2 - Bronze

1 minute rest between sets

5:00 PM Start

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

Workout #24964 - Friday, 20 December 2019

Group 2 - Copper

1 minute rest between sets

5:00 PM Start

Yards	Set Description	EGY	WORK	ε
=====	=====	=====	=====	=====
	1 on 40:00 DS/Dryland	REC	L	I
300	4 x 75 on 2:15 SwimUSS	REC	D	
150	10 x 15 on :45 Shooters	SP3	S	
800	1x{1 x 100 on 3:00 Individual Medley	EN2	S	
	{2 x 100 on 3:00 Mystery Medley	EN2	S	
	{1 x 100 on 3:00 Individual Medley	EN2	S	
	{2 x 100 on 3:00 Mystery Medley	EN2	S	
	{1 x 100 on 3:00 Individual Medley	EN2	S	
	{1 x 100 on 3:00 Mystery Medley	EN2	S	
200	1 x 200 on 5:00 Stroke Drills	REC	D	
	6:29 PM 1,450 Yards - Stress Value = 22			

Workout #24965 - Saturday, 21 December 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY	WC
=====	=====	=====	=====
	1 on 15:00 Qswim DS/Shower	REC	
240	16 x 15 on :45 Racing Skills-IM Shooters	SP3	
750	30 x 25 on :30 200 Fly Pace*	SP2	
	1 on 7:00 Recovery #1	REC	
750	30 x 25 on :30 200 Back Pace*	SP2	
	1 on 7:00 Recovery #2	REC	
750	30 x 25 on :30 200 Breast Pace*	SP2	
	1 on 7:00 Recovery #3	REC	
750	30 x 25 on :30 200 Free Pace*	SP2	
1,800	18 x 100 on 2:01 Beat The Clock!	EN3	
	9:30 AM 5,040 Yards - Stress Value = 418		

Workout #24966 - Monday, 23 December 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start

Yards	Set Description	EGY
1	on 38:00 DS/Weights/Back to Pool	REC
225	15 x 15 on :45 Racing Skills-Free Shooters	SP3
750	30 x 25 on :30 100 Breast Pace	SP2
1,500	1 on 5:00 Recovery #1	REC
1,500	30 x 50 on :55 200 Back Pace	SP2
1,500	1 on 5:00 Recovery #2	REC
1,500	30 x 50 on :50 200 Fly Pace	SP2
750	1 on 5:00 Recovery #3	REC
750	30 x 25 on :30 100 Free Pace	SP2
9:32 AM 4,725 Yards - Stress Value = 459		

Workout #24967 - Monday, 23 December 2019

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start

Yards	Set Description	EGY	WOF
1	on 10:00 DS/Showers	REC	
225	15 x 15 on :45 Racing Skills #1 Shooter	SP3	
3,000	30 x 100 on 1:30 1650 Free Pace	SP2	
120	6 x 20 on 3:00 Timed Underwaters-S	SP3	
	1 on 10:00 Racing Skills-UW Racing	EN2	
4:37 PM 3,345 Yards - Stress Value = 314			

Workout #24968 - Monday, 23 December 2019

Group 2 - Freestylers

1 minute rest between sets

9:15 AM Start

Yards	Set Description
1	on 35:00 DS/Dryland
600	1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
1,000	1x{1 x 100 on 1:40 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board
	{2 x 100 on 1:45 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board
	{3 x 100 on 1:50 Free Kick w/board
	{1 x 100 on 2:00 Free Kick w/board
	{1 x 100 on 1:55 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,800	1x{1 x 100 on 1:30 Free L.25 6BK
	{1 x 100 on 1:30 Free L.25 2 breaths
	{1 x 100 on 1:30 Free L.25 5 KOW-Sprint to fi
	{2 x 100 on 1:25 Free L.25 6BK
	{2 x 100 on 1:25 Free L.25 2 breaths
	{2 x 100 on 1:25 Free L.25 5 KOW-Sprint to fi
	{3 x 100 on 1:20 Free L.25 6bk
	{3 x 100 on 1:20 Free L.25 2 breaths
	{3 x 100 on 1:15 Free L.25 5 KOW-Sprint to fi
750	30 x 25 on :30 USRPT 100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 4,600 Yards - Stress Value = 135	

Workout #24969 - Monday, 23 December 2019

Group 2 - Gold

1 minute rest between sets

9:15 AM Start

Yards	Set Description
1	on 35:00 DS/Dryland
550	1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP

150	10 x 15 on :45 Shooters
900	1x{1 x 100 on 1:50 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board
	{2 x 100 on 1:55 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board
	{3 x 100 on 2:00 Free Kick w/board
	{1 x 100 on 2:15 Free Kick w/board
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
	{3 x 100 on 1:30 Free L.25 2 breaths
	{2 x 50 on :45 Free L.25 5 KOW-Sprint to fini
750	30 x 25 on :30 USRPT 100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 4,250 Yards - Stress Value = 128	

Workout #24970 - Monday, 23 December 2019

Group 2 - Silver

1 minute rest between sets

9:15 AM Start

Yards	Set Description
1	on 35:00 DS/Dryland
500	1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
150	10 x 15 on :45 Shooters
850	1x{1 x 100 on 2:05 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{2 x 100 on 2:10 Free Kick w/board
	{1 x 100 on 2:30 Free Kick w/board
	{3 x 100 on 2:15 Free Kick w/board
	{1 x 50 on 1:15 Free Kick w/board
100	1x{4 x 25 on 1:00 Odds face in sculling drills
	{ Evens-underwaters, count kicks
1,350	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 1:35 Free L.25 2 breaths
	{1 x 50 on :45 Free L.25 5 KOW-Sprint to fini
625	25 x 25 on :35 USRPT-100 Free Pace
	1 on 10:00 Game
200	1 x 200 on 4:00 Stroke Drills
11:30 AM 3,775 Yards - Stress Value = 109	

Workout #24971 - Monday, 23 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{1 x 100 on 2:20 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board
 {2 x 100 on 2:25 Free Kick w/board
 {1 x 100 on 2:45 Free Kick w/board
 {2 x 100 on 2:30 Free Kick w/board
 {1 x 50 on 2:00 Free Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{1 x 100 on 2:05 Free L.25 6BK
 {1 x 100 on 2:05 Free L.25 2 breaths
 {1 x 100 on 2:05 Free L.25 5 KOW-Sprint to fi
 {2 x 100 on 2:00 Free L.25 6BK
 {2 x 100 on 2:00 Free L.25 2 breaths
 {2 x 100 on 2:00 Free L.25 5 KOW-Sprint to fi
 {1 x 100 on 1:55 Free L.25 6bk
 {1 x 100 on 1:55 Free L.25 2 breaths
 {1 x 100 on 1:55 Free L.25 5 KOW-Sprint to fi
 625 25 x 25 on :35 USRPT 100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,475 Yards - Stress Value = 107

Workout #24972 - Monday, 23 December 2019

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:35 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board
 {2 x 100 on 2:40 Free Kick w/board
 {1 x 100 on 3:15 Free Kick w/board
 {2 x 100 on 2:45 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 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
 550 22 x 25 on :40 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,050 Yards - Stress Value = 94

Workout #24973 - Monday, 23 December 2019

Group 2 - Copper

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 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 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 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 50 on 1:25 Free L.25 5 KOW-Sprint to fir
 {1 x 50 on 1:25 Free L.25 6bk
 450 18 x 25 on :50 USRPT-100 Free Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,650 Yards - Stress Value = 78

Workout #24974 - Tuesday, 24 December 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY WORK STK PF
 =====
 1 on 15:00 Q Swim/Showers REC L DRY
 2,000 20 x 100 on 1:30 1650 Pace SP2 S FR 1:
 1 on 6:00 Your Choice Recovery REC L DRY
 1,500 20 x 75 on 1:10 500 Free Pace SP2 S FR 1:
 1 on 6:00 Your Choice Recovery REC L DRY
 1,000 20 x 50 on :50 200 Free Pace SP2 S FR 1:
 1 on 6:00 Your Choice Recovery REC L DRY
 500 20 x 25 on :30 100 Free Pace SP2 S FR 2:
 1 on 6:00 Your Choice Recovery REC L DRY
 500 20 x 25 on :30 Non Free 100 SP2 S STK 2:
 9:14 AM 5,500 Yards - Stress Value = 550

Workout #24975 - Thursday, 26 December 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EC
 =====
 1 on 38:00 DS/Weights/Back to Pool RE
 225 15 x 15 on :45 Racing Skills-Breast Shooters SF
 750 30 x 25 on :30 100 Fly Pace SF
 1 on 5:00 Recovery #1 RE
 1,500 30 x 50 on :50 200 Free Pace SF
 1 on 4:00 Recovery #2 RE
 1,500 30 x 50 on :55 200 Breast Pace SF
 1 on 5:00 Recovery #3 RE
 750 30 x 25 on :30 100 Back Pace SF
 9:31 AM 4,725 Yards - Stress Value = 459

Workout #24976 - Thursday, 26 December 2019

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EC
 =====
 1 on 10:00 DS/Showers RE
 225 15 x 15 on :45 Racing Skills-Crossover Turns SF
 2,250 30 x 75 on 1:10 500 Free Pace SF
 140 7 x 20 on 3:00 Timed underwater-B EM
 1 on 10:00 Team Mtg-Starts RE
 4:30 PM 2,615 Yards - Stress Value = 237

Workout #24977 - Thursday, 26 December 2019

Group 2 - Back

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 950 1x{1 x 100 on 1:55 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {2 x 100 on 1:55 Streamline Kick on back
 {2 x 50 on 1:00 Alt 25 kick on each side
 {3 x 100 on 1:55 Streamline Kick on back
 {3 x 50 on 1:00 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,625 1x{2 x 150 on 2:15 Back atl 25's 10KOW
 {3 x 50 on :45 Back-descend
 {5 x 125 on 1:55 Back alt 25's 10KOW
 {3 x 50 on :45 Back-descend
 {4 x 100 on 1:30 Back alt 25's 10KOW
 750 30 x 25 on :30 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,375 Yards - Stress Value = 132

Workout #24978 - Thursday, 26 December 2019

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 900 1x{1 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {2 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 {3 x 100 on 2:05 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,475 1x{2 x 150 on 2:30 Back alt 25's 10KOW
 {3 x 50 on :50 Back-descend
 {5 x 125 on 2:05 Back alt 25's 10KOW
 {4 x 50 on :50 Back-descend
 {2 x 100 on 1:40 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,000 Yards - Stress Value = 115

Workout #24979 - Thursday, 26 December 2019

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:15 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {3 x 100 on 2:15 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,325 1x{2 x 150 on 2:50 Back alt 25's 10KOW
 {3 x 50 on :55 Back-descend

{5 x 125 on 2:20 Back alt 25's 10KOW
 {3 x 50 on :55 Back-Descend
 {1 x 100 on 1:50 Back-alt 10 KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,700 Yards - Stress Value = 110

Workout #24980 - Thursday, 26 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 800 1x{1 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:10 Alt 25 kick on each side
 {2 x 100 on 2:25 Streamline Kick on back
 {2 x 50 on 1:05 Alt 25 kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,125 1x{2 x 125 on 2:45 Back alt 25's 10KOW
 {3 x 50 on 1:05 Back-descend
 {4 x 100 on 2:10 Back alt 25's 10KOW
 {2 x 50 on 1:05 Back-descend
 {3 x 75 on 1:40 Back alt 25's 10KOW
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,450 Yards - Stress Value = 106

Workout #24981 - Thursday, 26 December 2019

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 700 1x{1 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {2 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25 kick on each side
 {1 x 100 on 2:45 Streamline Kick on back
 {2 x 50 on 1:20 Alt 25's kick on each side
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{2 x 125 on 3:00 Back at 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 {4 x 100 on 2:40 Back alt 25's 10KOW
 {3 x 50 on 1:20 Back-descend
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,125 Yards - Stress Value = 101

Workout #24982 - Thursday, 26 December 2019

Group 2 - Copper

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 Free 3KOW to 10 back to 3
 150 10 x 15 on :45 Shooters
 600 1x{1 x 100 on 3:00 Streamline Kick on back
 {2 x 50 on 1:30 Alt 25 kick on each side
 {2 x 100 on 3:00 Streamline Kick on back
 {2 x 50 on 1:30 Alt 25 kick on each side
 {1 x 100 on 3:00 Streamline Kick on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{2 x 125 on 3:25 Back alt 25's 10KOW
 {3 x 50 on 1:30 Back-descend
 {3 x 100 on 3:00 Back alt 25's 10KOW
 {3 x 50 on 1:30 Back-FAST
 625 25 x 25 on :35 USRPT-100 Back Pace
 1 on 10:00 Racing Skills-back finishes
 200 1 x 200 on 4:00 Stroke Drills
 11:29 AM 2,925 Yards - Stress Value = 97

Workout #24983 - Friday, 27 December 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Meters Set Description EGY W
 =====
 1 on 38:00 DS/Weights/Back to Pool REC
 225 15 x 15 on :45 Racing Skills-Fly Shooters SP3
 1,000 40 x 25 on :30 200 Back Pace SP2
 1 on 5:00 Recovery #1 REC
 750 30 x 25 on :30 100 Breast Pace SP2
 1 on 6:00 Recovery #2 REC
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 5:00 Recovery #3 REC
 1,000 40 x 25 on :30 200 Fly Pace SP2
 1 on 10:00 Tic Tac Toe Relay EN2
 9:30 AM 3,725 Meters - Stress Value = 396

Workout #24984 - Friday, 27 December 2019

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY
 =====
 1 on 10:00 DS/Showers REC
 240 16 x 15 on :15 Racing Skills-IM Shooters SP1
 1,500 1x{10 x 50 on :55 400 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on :55 400 IM Pace SP2
 {1 on 1:00 Rest REC
 {10 x 50 on :55 400 IM Pace SP2
 200 8 x 25 on 3:00 50 Free Pace SP2
 1 on 20:00 Peer Coaching REC
 4:30 PM 1,940 Yards - Stress Value = 189

Workout #24985 - Friday, 27 December 2019

Group 2 - Breast

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 4 x 125 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 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
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,775 Yards - Stress Value = 112

Workout #24986 - Friday, 27 December 2019

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 4 x 125 on 2:15 Swim-kick-pull-swim
 150 10 x 15 on :45 Shooters
 850 1x{1 x 200 on 4:05 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {2 x 175 on 3:30 Breast Kick w/board
 {4 x 25 on :40 Breast Kick-streamline on back
 {1 x 100 on 1:55 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,200 1x{2 x 200 on 3:45 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO Drill w/fins
 {2 x 150 on 2:45 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO drill w/fins
 {2 x 100 on 1:50 Breaststroke
 {1 on :30 Put fins on
 {4 x 25 on :30 Breast TO Drill w/fins
 625 25 x 25 on :35 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,625 Yards - Stress Value = 109

Workout #24987 - Friday, 27 December 2019

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 800 1x{1 x 200 on 4:30 Breast Kick w/board
 { 2 x 25 on :45 Breast Kick-streamline on back
 { 2 x 175 on 3:55 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 1 x 100 on 2:10 Breast Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,050 1x{2 x 200 on 4:25 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO Drill w/fins
 { 2 x 125 on 2:45 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO drill w/fins
 { 2 x 100 on 2:10 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,250 Yards - Stress Value = 98

Workout #24988 - Friday, 27 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 4 x 100 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 700 1x{1 x 200 on 5:00 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 150 on 3:45 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 950 1x{2 x 200 on 4:50 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO Drill w/fins
 { 2 x 100 on 2:20 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO drill w/fins
 { 2 x 75 on 1:45 Breaststroke
 550 22 x 25 on :40 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,050 Yards - Stress Value = 94

Workout #24989 - Friday, 27 December 2019

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 4 x 75 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 650 1x{1 x 200 on 5:30 Breast Kick w/board
 { 4 x 25 on :45 Breast Kick-streamline on back
 { 2 x 150 on 4:10 Breast Kick w/board
 { 2 x 25 on :45 Breast Kick-streamline on back
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 850 1x{2 x 150 on 4:15 Breaststroke
 { 1 on :30 Put fins on

{ 4 x 25 on :45 Breast TO Drill w/fins
 { 2 x 100 on 2:50 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on :40 Breast TO drill w/fins
 { 3 x 50 on 1:20 Breaststroke
 500 20 x 25 on :45 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,750 Yards - Stress Value = 86

Workout #24990 - Friday, 27 December 2019

Group 2 - Copper

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 300 4 x 75 on 2:15 SwimUSS
 150 10 x 15 on :45 Shooters
 525 1x{1 x 200 on 7:00 Breast Kick w/board
 { 2 x 25 on 1:00 Breast Kick-streamline on bac
 { 2 x 100 on 3:30 Breast Kick w/board
 { 3 x 25 on 1:00 Breast Kick-streamline on bac
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 650 1x{1 x 200 on 7:00 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on 1:00 Breast TO Drill w/fins
 { 1 x 150 on 5:00 Breaststroke
 { 1 on :30 Put fins on
 { 4 x 25 on 1:00 Breast TO drill w/fins
 { 2 x 50 on 1:40 Breaststroke
 375 15 x 25 on 1:00 USRPT-100 Breast Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,300 Yards - Stress Value = 68

Workout #24991 - Saturday, 28 December 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description
 =====
 1 on 15:00 Qswim DS/Shower RE
 225 15 x 15 on :45 Racing Skills-Crossover Turns SF
 1,000 40 x 25 on :30 200 Free 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 Back Pace SF
 1 on 8:00 Recovery #3 RE
 1,000 40 x 25 on :30 200 Breast Pace SF
 1 on 25:00 Relays EN
 9:30 AM 3,725 Yards - Stress Value = 359

Workout #24989 - Friday, 27 December 2019

Group 2 - Bronze

1 minute rest between sets

Workout #24992 - Monday, 30 December 2019

Group 2 - Fly

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 950 1x{4 x 25 on :30 Kick no board BSLR
 {3 x 50 on :55 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {4 x 75 on 1:25 Fly Kick w/board
 {4 x 25 on :30 Kick no board BSLR
 {2 x 100 on 1:55 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,500 1x{4 x 75 on 1:10 Fly 25R-25L-25B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 100 on 1:30 Fly 25R-25L-50B
 {4 x 25 on :30 Fly lupldown+1
 {4 x 125 on 1:55 Fly 25R-25L-75B
 {4 x 25 on :30 Fly lupldown+1
 750 30 x 25 on :30 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,250 Yards - Stress Value = 130

Workout #24993 - Monday, 30 December 2019

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 850 1x{4 x 25 on :35 Kick no board BSLR
 {3 x 50 on 1:05 Fly Kick w/board
 {4 x 25 on :35 Kick no board BSLR
 {2 x 75 on 1:35 Fly Kick w/board
 {6 x 25 on :35 Kick no board BSLRBS
 {2 x 100 on 2:05 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 1,250 1x{4 x 75 on 1:20 Fly 25R-25L-25B
 {4 x 25 on :35 Fly lupldown+1
 {4 x 100 on 1:50 Fly 25R-25L-50B
 {4 x 25 on :35 Fly lupldown+1
 {2 x 125 on 2:15 Fly 25R-25L-75B
 {4 x 25 on :35 Fly lupldown+1
 625 25 x 25 on :35 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,725 Yards - Stress Value = 110

Workout #24994 - Monday, 30 December 2019

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 750 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:10 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 1:50 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks

1,050 1x{4 x 75 on 1:40 Fly 25R-25L-25B
 {4 x 25 on :40 Fly lupldown+1
 {3 x 100 on 2:15 Fly 25R-25L-50B
 {4 x 25 on :40 Fly lupldown+1
 {2 x 125 on 2:45 Fly 25R-25L-75B
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,300 Yards - Stress Value = 97

Workout #24995 - Monday, 30 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 450 1 x 450 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 725 1x{4 x 25 on :40 Kick no board BSLR
 {3 x 50 on 1:20 Fly Kick w/board
 {4 x 25 on :40 Kick no board BSLR
 {4 x 75 on 2:00 Fly Kick w/board
 {3 x 25 on :40 Kick no board BSL
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 900 1x{4 x 75 on 2:00 Fly 25R-25L-25B
 {4 x 25 on :40 Fly lupldown+1
 {4 x 100 on 2:40 Fly 25R-25L-50B
 {4 x 25 on :40 Fly lupldown+1
 550 22 x 25 on :40 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,075 Yards - Stress Value = 94

Workout #24996 - Monday, 30 December 2019

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 400 1 x 400 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 600 1x{4 x 25 on :45 Kick no board BSLR
 {2 x 50 on 1:30 Fly Kick w/board
 {4 x 25 on :45 Kick no board BSLR
 {2 x 75 on 2:15 Fly Kick w/board
 {2 x 25 on :45 Kick no board BS
 {1 x 100 on 3:00 Fly Kick w/board
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 825 1x{4 x 75 on 2:15 Fly 25R-25L-25B
 {4 x 25 on :45 Fly lupldown+1
 {2 x 100 on 3:00 Fly 25R-25L-50B
 {4 x 25 on :45 Fly lupldown+1
 {1 x 125 on 3:45 Fly 25R-25L-75B
 500 20 x 25 on :45 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:29 AM 2,775 Yards - Stress Value = 84

Workout #24997 - Monday, 30 December 2019

Group 2 - Copper

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 350 1 x 350 on 9:00 By 100: THD + ThmbDrg + CFP
 150 10 x 15 on :45 Shooters
 475 1x{4 x 25 on 1:00 Kick no board BSLR
 {2 x 50 on 2:00 Fly Kick w/board
 {4 x 25 on 1:00 Kick no board BSLR
 {2 x 75 on 3:00 Fly Kick w/board
 {1 x 25 on 1:00 Kick no board B
 100 1x{4 x 25 on 1:00 Odds face in sculling drills
 { Evens-underwaters, count kicks
 625 1x{2 x 75 on 3:00 Fly 25R-25L-25B
 {4 x 25 on 1:00 Fly lupldown+1
 {2 x 100 on 4:00 Fly 25R-25L-50B
 {2 x 25 on 1:00 Fly lupldown+1
 {1 x 125 on 5:00 Fly 25R-25L-75B
 225 15 x 15 on 1:00 USRPT-100 Fly Pace
 1 on 10:00 Game
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,125 Yards - Stress Value = 49

Workout #24998 - Tuesday, 31 December 2019

HighSchl - USRPT

1 minute rest between sets

7:00 AM Start
 Yards Set Description EGY
 =====
 1 on 38:00 DS/Weights/Back to Pool REC
 225 15 x 15 on :45 Racing Skills-Free Shooters SP3
 750 30 x 25 on :30 100 Free Pace SP2
 1 on 6:00 Recovery #1 REC
 1,500 30 x 50 on :50 200 Breast Pace SP2
 1 on 5:00 Recovery #2 REC
 1,500 30 x 50 on :50 200 Back Pace SP2
 1 on 5:00 Recovery #3 REC
 750 30 x 25 on :30 100 Fly Pace SP2
 9:30 AM 4,725 Yards - Stress Value = 459

Workout #24999 - Tuesday, 31 December 2019

HighSchl - USRPT

1 minute rest between sets

3:00 PM Start
 Yards Set Description EGY WOF
 =====
 1 on 10:00 DS/Showers REC
 225 15 x 15 on :45 Racing Skills #1 Shooter SP3
 3,000 30 x 100 on 1:30 1650 Free Pace SP2
 100 5 x 20 on 3:00 Timed Underwaters-S SP3
 50 1 x 50 on 10:00 Timed Swim OTB SP2
 4:35 PM 3,375 Yards - Stress Value = 318

Workout #25000 - Tuesday, 31 December 2019

Group 2 - Freestylers

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 600 1 x 600 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 850 1x{1 x 250 on 4:35 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 200 on 3:40 Free Kick w/board
 {4 x 25 on :45 Tombstone Kicking
 {1 x 150 on 2:45 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
 750 30 x 25 on :30 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,325 Yards - Stress Value = 132

Workout #25001 - Tuesday, 31 December 2019

Group 2 - Gold

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 550 1 x 550 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 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
 750 30 x 25 on :30 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 4,125 Yards - Stress Value = 128

Workout #25002 - Tuesday, 31 December 2019

Group 2 - Silver

1 minute rest between sets

9:15 AM Start
 Yards Set Description
 =====
 1 on 35:00 DS/Dryland
 500 1 x 500 on 9:00 SunYangFree-Count strokes
 150 10 x 15 on :45 Shooters
 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
 625 25 x 25 on :35 USRPT 100 Free Pace
 1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 3,750 Yards - Stress Value = 111

Workout #25003 - Tuesday, 31 December 2019

Group 2 - Silver/Bronze

1 minute rest between sets

1 on 10:00 Racing Skills-Finishes StrghtArm
 200 1 x 200 on 4:00 Stroke Drills
 11:30 AM 2,750 Yards - Stress Value = 89

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
450	1 x 450 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
700	1x{1 x 200 on 5:00 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
625	25 x 25 on :35 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,525 Yards - Stress Value = 108

Workout #25004 - Tuesday, 31 December 2019

Group 2 - Bronze

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
400	1 x 400 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
600	1x{1 x 200 on 5:20 Free Kick w/board
	{ 4 x 25 on 1:00 Tombstone Kicking
	{ 1 x 150 on 4:00 Free Kick w/board
	{ 4 x 25 on 1:00 Tombstone Kicking
	{ 1 x 50 on 1:20 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
550	22 x 25 on :40 USRPT 100 Free Pace
	1 on 10:00 Racing Skills-Finishes StrghtArm
200	1 x 200 on 4:00 Stroke Drills
	11:30 AM 3,100 Yards - Stress Value = 95

Workout #25005 - Tuesday, 31 December 2019

Group 2 - Copper

1 minute rest between sets

9:15 AM Start

Yards	Set Description
=====	=====
	1 on 35:00 DS/Dryland
350	1 x 350 on 9:00 SunYangFree-Count strokes
150	10 x 15 on :45 Shooters
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
550	22 x 25 on :40 USRPT 100 Free Pace