

**Workout #2946 - Sunday, 10 February 2019**  
**Senior**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
	3:30 PM	1 on 59:59 Dryland				
400	4:30 PM	1 x 400 on 9:00 Warm Up	REC	S	YC	1:08
800	4:40 PM	1x{1 x 200 on 3:00 Flutter Kick w/FIN (Big)	EN1	K	FR	0:45
		{3 x 100 on 1:30 75FR / 25STK w/FIN	EN1	S	FRS	0:45
		{6 x 50 on :50 Fast Fly HUp HSide / EZ LAXw/FIN	EN1	C	FRS	0:50
800	4:54 PM	1x{1 x 200 on 3:30 Flutter Kick Grab / Build	EN1	K	FR	0:52
		{3 x 100 on 1:40 50Free / 50STK	EN1	S	FRS	0:50
		{6 x 50 on :50 SLine Flutter / 6K 3STK w/SNO	EN1	C	FR	0:50
2,200	5:09 PM	2x{4 x 150 on 2:00 Free - Des 1-3, 4 Perfect TEK	EN2	S	FR	0:40
		{3 x 100 on 1:40 BK/FR/FL - 5/6/7 Kicks + 25FlyK	EN2	C	STK	0:50
		{1 x 75 on 2:00 BK/FR/FL - Sprint	SP2	S	STK	1:20
		{1 x 125 on 2:30 Back - Double / Swim by 25	EN1	C	BK	1:00
1,000	5:45 PM	1x{6 x 50 on :45 Free - 1)Single/Swim 2)Swim	EN1	S	FR	0:45
		{4 x 50 on :45 Free w/PAD - Build	EN1	S	FR	0:45
		{6 x 50 on :40 Free w/SNO	EN1	S	FR	0:40
		{4 x 50 on :40 Free - Best Avg	EN2	S	FR	0:40
100	6:01 PM	1 x 100 on 2:00 REC	REC	S	YC	1:00
300	6:04 PM	6 x 50 on 1:00 YC - Two Turn 50s 1)EZ 2)Fast	EN2	S	YC	1:00
300	6:11 PM	12 x 25 on :50 Dirty 30s w/FIN	EN2	C	FLY	1:40
200	6:22 PM	1 x 200 on 5:00 Warm Down	REC	S	YC	1:15
	6:27 PM	6,100 Yards - Stress Value = 93				