

**Workout #5599 - Friday, 18 December 2020**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,000	5:30 AM	2x{3 x 50 on :50 Free	EN1	S	FR	0:50
		{2 x 50 on :40 Free	EN2	S	FR	0:40
		{3 x 50 on :45 Free	EN1	S	FR	0:45
		{2 x 50 on :35 Free	EN2	S	FR	0:35
900	5:46 AM	6 x 150 on 2:30 50Overkick 100Perfect	EN1	D	FR	0:50
1,200	6:02 AM	4x{1 x 100 on 1:30 PURPLE	SP2	S	FR	0:45
		{1 x 100 on 1:30 build	EN2	S	FR	0:45
		{1 x 50 on 1:30 PURPLE	SP2	S	FR	1:30
		{1 x 50 on 1:30 Free	REC	S	FR	1:30
	6:27 AM	1 on 1:00				
600	6:28 AM	6x{1 x 25 on :45 10 sec vert fly kick 25 steady k	EN1	K	FLY	1:30
		{1 x 25 on :45 SPRINT FREE Kick	SP3	K	FR	1:30
		{1 x 25 on :45 5 Rocket Jumps 25 Steady K	EN1	K	FLY	1:30
		{1 x 25 on :45 NB SPRINT FREE	SP3	S	FR	1:30
300	6:47 AM	1 x 300 on 5:00 Free				0:50
	6:52 AM	4,000 Yards - Stress Value = 107				