

**Workout #5676 - Friday, 12 February 2021**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
600	6:00 AM	1 x 600 on 9:00 Free	EN1	S	FR	0:45
600	6:10 AM	3 x 200 on 3:00 im 25d/25s	EN1	D	IM	0:45
400	6:20 AM	2 x 200 on 2:30 white	EN2	S	FR	0:38
400	6:26 AM	2 x 200 on 2:40 pink	EN2	S	FR	0:40
400	6:33 AM	2 x 200 on 2:50 red	EN2	S	FR	0:42
1,500	6:40 AM	3x{3 x 100 on 1:50 stroke	EN2	S	STK	0:55
	7:14 AM	{8 x 25 on :40 Stroke Sprint Turns Last Finish	EN1	S	STK	1:20
	7:15 AM	1 on 1:00				
900	7:15 AM	3x{2 x 75 on 1:30 Extended Walls GT 200 +3	SP2	S	STK	1:00
		{1 x 150 on 3:00 ez	EN1	S	FR	1:00
600	7:34 AM	6 x 100 on 1:30 1ez 1pink 1GT 500	EN2	S	FR	0:45
600	7:44 AM	4 x 150 on 2:15 pull	EN1	P	PAD	0:45
	7:53 AM	6,000 Yards - Stress Value = 127				