

Workout #5635 - Friday, 15 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	5:15 AM	2 x 200 on 3:30 1free 2kick	EN1	S	FR	0:52
400	5:23 AM	2 x 200 on 3:00 1Perfect Free 1IM Drill	EN1	D	IM	0:45
400	5:30 AM	2 x 200 on 3:30 1pull 1 kick stronger	EN1	P	FR	0:52
2,400	5:38 AM	2x{3 x 150 on 1:50 Low Stroke Count Desc 1-3	EN2	S	FR	0:37
		{3 x 50 on :40 Strong	EN2	S	FR	0:40
		{3 x 125 on 1:40 Low Stroke Count desc 1-3	EN2	S	FR	0:40
		{3 x 75 on 1:00 Strong	EN2	S	FR	0:40
	6:10 AM	1 on 1:00				
1,200	6:11 AM	4x{1 x 200 on 4:00 steady kick	EN1	K	CHO	1:00
		{2 x 50 on :40 All Out Kick	EN2	K	CHO	0:40
200	6:34 AM	1 x 200 on 3:00 Free				0:45
	6:37 AM	5,000 Yards - Stress Value = 76				