

Workout #5608 - Monday, 28 December 2020

Generic

1 minute rest between sets

| Yards | Time | Set Description | EGY | WORK | STK | PACE | |
|-------|---------|---|-----|------|-----|------|--|
| 750 | 6:00 AM | 3 x 250 on 3:45 50fr 50kick | EN1 | K | FR | 0:45 | |
| 1,350 | 6:13 AM | 6 x 225 on 3:20 75free 75k-d-s 2each 75 fr | EN1 | D | IM | 0:44 | |
| 2,500 | 6:34 AM | 10x{2 x 100 on 1:20 ALL OUT | EN3 | S | FR | 0:40 | |
| | | {1 x 50 on 1:20 ez back | REC | S | BK | 1:20 | |
| 1,200 | 7:15 AM | 3 x 400 on 5:30 kick with fins 50board 50back | EN1 | K | FIN | 0:41 | |
| 300 | 7:33 AM | 1 x 300 on 5:00 EZ | EN1 | S | FR | 0:50 | |
| | 7:38 AM | 6,100 Yards - Stress Value = 157 | | | | | |