

**Workout #5601 - Monday, 21 December 2020**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	8:00 AM	1 x 800 on 12:00 Fins/Padd 9strokes per lap	EN1	D	FR	0:45
900	8:13 AM	1x{6 x 75 on 1:05 mid 25 Prime	EN2	S	FRM	0:43
		{4 x 75 on 1:05 mid 25 Prime	EN2	S	FRM	0:43
		{2 x 75 on 1:00 mid 25 Prime	EN2	S	FRM	0:40
	8:27 AM	1 on 1:00				
2,800	8:28 AM	2x{1 x 100 on 1:30 Free	EN1	S	FR	0:45
		{1 x 100 on 1:20 Free	EN2	S	FR	0:40
		{1 x 100 on 1:30 Free	EN1	S	FR	0:45
		{1 x 200 on 2:20 Free	EN2	S	FR	0:35
		{1 x 100 on 1:30 Free	EN1	S	FR	0:45
		{1 x 300 on 3:20 Free	EN2	S	FR	0:33
		{1 x 100 on 1:30 Free	EN1	S	FR	0:45
		{1 x 400 on 4:20 Free	EN2	S	FR	0:32
		{1 on 2:00 rest				
	9:08 AM	1 on 1:00				
1,300	9:09 AM	4x{1 x 50 on 1:30 kick	EN1	K	CHO	1:30
		{1 x 75 on 1:30 kick	EN1	K	CHO	1:00
		{2 x 100 on 1:30 Kick	EN2	K		0:45
1,200	9:34 AM	8 x 150 on 2:00 2-205 4-155 2-145	EN2	P	PAD	0:40
200	9:51 AM	1 x 200 on 3:00 Free				0:45
	9:54 AM	7,200 Yards - Stress Value = 119				