

Workout #5637 - Monday, 18 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE	
400	6:00 AM	1 x 400 on 6:00 Free	EN1	S	FR	0:45	
1,050	6:07 AM	6 x 175 on 2:30 100Free 25k 25d 25s IMO	EN1	D	IM	0:43	
900	6:23 AM	12 x 75 on 1:10 25UW dolphin on Back 25d 25s	EN1	D	FLY	0:47	
3,200	6:38 AM	1x{6 x 200 on 2:30 white	EN2	S	FR	0:38	
		{4 x 200 on 2:20 white/Pink	EN2	S	FR	0:35	
		{3 x 200 on 2:15 Pink	EN2	S	FR	0:34	
		{2 x 200 on 2:10 Red	EN2	S	FR	0:32	
		{1 x 200 on 2:05 Blue	EN2	S	FR	0:31	
	7:17 AM	1 on 1:00					
1,200	7:18 AM	2x{1 x 100 on 2:00 easy kick	EN1	K	FRM	1:00	
		{1 x 100 on 1:40 kick	EN1	K	FRM	0:50	
		{1 x 100 on 2:00 ez	EN1	K	FRM	1:00	
		{1 x 100 on 1:30 kick	EN2	K	FRM	0:45	
		{1 x 100 on 2:00 ez	EN1	K	FRM	1:00	
		{1 x 100 on 1:20 kick hard	EN2	K	FRM	0:40	
800	7:40 AM	8 x 100 on 1:15 pull b-3 Technique Make it	EN2	P	PAD	0:38	
150	7:51 AM	1 x 150 on 2:30 Free	REC	S	FR	0:50	
	7:54 AM	7,700 Yards - Stress Value = 119					