

**Workout #5580 - Monday, 07 December 2020**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
500	6:00 AM	1 x 500 on 7:00 Free	EN1	S	FR	0:42
500	6:08 AM	5 x 100 on 1:30 Switch IM	EN2	S	IM	0:45
500	6:17 AM	10 x 50 on 1:00 kick 1fr 1stroke	EN1	K	FRM	1:00
3,000	6:28 AM	2x{1 x 500 on 6:00 Free White	EN2	S	FR	0:36
		{1 x 400 on 5:00 pull B-3/5 x 100	EN2	P	PAD	0:38
		{1 x 300 on 4:00 Free Pink	EN2	S	FR	0:40
		{1 x 200 on 4:00 kick	EN1	K	FR	1:00
		{1 x 100 on 2:00 Free Red	EN2	S	FR	1:00
		for round two see if you can go pink red blue on the fr				
1,000	7:11 AM	8 x 125 on 2:20 75 Build Last 50 HARD	EN1	K	FRM	0:56
		4prime stroke 4free				
200	7:31 AM	1 x 200 on 3:00 Free	REC	S	FR	0:45
	7:34 AM	5,700 Yards - Stress Value = 86				

Mustangs

Warm Up

1x400 7:00

4x100 1:45 Switch IM

8x50 1:10 1fr 1IM order

Main set

1x400 6:00 Pink

1x300 5:00 100Free 100IM 100Free

1x200 4:00 Kick

1x100 2:00 Red

Kick Set go on 2:40 for the 125s