

Workout #5616 - Monday, 04 January 2021

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 | 10 x 50 on 1:00 25 one arm/25 swim Fly | EN1 | D | FLY | 1:00 |
| 500 | 6:19 AM | 10 x 50 on 1:00 kick fly 1 board 1 back | EN1 | K | FLY | 1:00 |
| 2,200 | 6:30 AM | 1x{10 x 50 on :40 GT 1000/1650 | EN3 | S | FR | 0:40 |
| | | {1 x 200 on 3:40 ez | EN1 | S | FR | 0:55 |
| | | {5 x 100 on 1:20 GT 1000/1650 | EN3 | S | FR | 0:40 |
| | | {1 x 200 on 3:40 ez | EN1 | S | FR | 0:55 |
| | | {4 x 150 on 2:00 GT 1000/1650-How Many? | EN3 | S | FR | 0:40 |
| | | {1 x 200 on 3:40 Free | EN1 | S | FR | 0:55 |
| | 7:04 AM | 1 on 1:00 | | | | |
| 1,350 | 7:05 AM | 3x{1 x 150 on 2:15 50k 100s | EN1 | K | FR | 0:45 |
| | | {1 x 150 on 2:15 100k 50s | EN1 | K | FR | 0:45 |
| | | {1 x 150 on 2:15 all kick hard | EN2 | K | FR | 0:45 |
| | | all Free Kick Please | | | | |
| 1,200 | 7:27 AM | 2 x 600 on 7:30 Pull b 3-5-7 x 100 | EN2 | P | PAD | 0:38 |
| 200 | 7:43 AM | 1 x 200 on 3:00 Free | | | | 0:45 |
| | 7:46 AM | 6,450 Yards - Stress Value = 158 | | | | |