

Workout #5627 - Monday, 11 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,000	5:15 AM	1 x 1000 on 16:00 see notes 100free 25 fly kick on back 50fly drill 25 fly swim	EN1	D	FLY	0:48
1,500	5:32 AM	10 x 150 on 2:00 5 white 5 pink	EN2	S	FR	0:40
1,200	5:53 AM	12 x 100 on 1:20 kick wfins	EN2	K	FIN	0:40
1,500	6:10 AM	5x{3 x 50 on :40 Cruise {3 x 50 on :40 Goal time 500	EN2	S	FR	0:40
200	6:31 AM	1 x 200 on 3:00 Free				0:45
	6:34 AM	5,400 Yards - Stress Value = 94				