

Workout #5650 - Monday, 25 January 2021

Generic

1 minute rest between sets

| Yards | Time | Set Description | EGY | WORK | STK | PACE |
|-------|---------|--|-----|------|-----|------|
| 1,200 | 5:45 PM | 8 x 150 on 2:15 last 50 kick on back | EN1 | S | FR | 0:45 |
| 600 | 6:04 PM | 12 x 50 on :50 3white 6 pink 3 red | EN2 | S | FR | 0:50 |
| 3,200 | 6:15 PM | 1x{2 x 400 on 4:40 Free | EN2 | S | FR | 0:35 |
| | | {1 x 400 on 8:00 All Out for time | EN3 | S | FR | 1:00 |
| | | {2 x 300 on 3:30 Free | EN2 | S | FR | 0:35 |
| | | {1 x 300 on 6:00 all out for time | EN3 | S | FR | 1:00 |
| | | {3 x 200 on 2:20 Free | EN2 | S | FR | 0:35 |
| | | {1 x 200 on 4:00 all out for time | EN3 | S | FR | 1:00 |
| | | {2 x 100 on 1:10 Free | EN2 | S | FR | 0:35 |
| | | {1 x 100 on 2:00 all out for time | EN3 | S | FR | 1:00 |
| | | Add up the for time swims to get a 1000 time | | | | |
| 1,200 | 7:02 PM | 2 x 600 on 8:00 kick w/fins | EN2 | K | FIN | 0:40 |
| 1,200 | 7:19 PM | 4x{3 x 50 on :45 Free | EN2 | P | PAD | 0:45 |
| | | {3 x 50 on :35 Free | EN2 | P | PAD | 0:35 |
| 200 | 7:36 PM | 1 x 200 on 3:00 Free | | | | 0:45 |
| | 7:39 PM | 7,600 Yards - Stress Value = 176 | | | | |