

Workout #5669 - Monday, 08 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
600	5:45 PM	1 x 600 on 8:00 Free	EN1	S	FR	0:40
600	5:54 PM	2 x 300 on 4:15 pull B 25 right 25 left	EN1	P	PAD	0:42
600	6:04 PM	6 x 100 on 1:30 2white 2pink 2 red	EN2	S	FR	0:45
600	6:14 PM	12 x 50 on :55 kick 2free 2fly on back 2free 2fly on board	EN1	K	FRM	0:55
3,200	6:26 PM	8x{2 x 100 on 1:20 Cruise	EN2	S	FR	0:40
		{2 x 100 on 1:05 GT 1000/1650	EN3	S	FR	0:32
	7:06 PM	1 on 1:00				
1,200	7:07 PM	2x{2 x 150 on 2:10 kick w fins sub 2 min	EN1	K	FIN	0:43
		{2 x 150 on 2:00 sub 150	EN2	K	FIN	0:40
1,200	7:25 PM	24 x 50 on :42 4-35 4-40 4-45 4-50	EN2	P	PAD	0:42
	7:42 PM	8,000 Yards - Stress Value = 200				