

Workout #5659 - Monday, 01 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	5:15 AM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
400	5:22 AM	4 x 100 on 1:30 reverse im	EN1	S	IM	0:45
400	5:29 AM	8 x 50 on 1:00 1social 1 last 25 hard	EN1	K	FR	1:00
2,800	5:38 AM	4x{1 x 200 on 2:40 Free	EN1	S	FR	0:40
		{1 x 500 on 5:50 Free	EN2	S	FR	0:35
		desc 500s 1-3				
	6:13 AM	1 on 1:00				
1,800	6:14 AM	3x{1 x 300 on 4:30 4UW kicks 4 Surface kicks	EN1	K	FIN	0:45
		{3 x 100 on 1:20 kick	EN2	K	FIN	0:40
200	6:41 AM	1 x 200 on 3:00 Free				0:45
	6:44 AM	6,000 Yards - Stress Value = 87				