

Workout #5625 - Saturday, 09 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,600	6:00 AM	4 x 400 on 5:15 Free	EN1	S	FR	0:39
1,200	6:22 AM	8 x 150 on 2:10 middle 50 Stroke	EN2	S	FRM	0:43
2,500	6:41 AM	5 x 500 on 5:50 desc 1-5	EN2	S	FR	0:35
800	7:12 AM	16 x 50 on 1:00 kick every 4th hard	EN1	K	CHO	1:00
2,000	7:29 AM	20 x 100 on 1:20 10white 5pink 5red	EN2	S	FR	0:40
200	7:57 AM	1 x 200 on 3:00 Free				0:45
8:00 AM 8,300 Yards - Stress Value = 138						

Mustangs

Warm Up:

3 x 200 on 3:30 / 3:45
 --> #1: 150 Swim / 50 Kick
 --> #2: 100 Swim / 100 Kick
 --> #3: 50 Swim / 150 Kick
 Total: 600yds Time: 12:00

Main Set:

4 x 500 2 White, 2 Pink on 7:00 / 7:30 / 8:00
 Total: 2000yds Time: 32:00

Kick Set:

3 x { 1 x 100 Kick Build by 25 on 2:00 / 2:10
 { 3 x 50 Kick on 1:00 / 1:05
 { #1: Fast/Easy
 { #2: Easy/Fast
 { #3: All Fast
 Total: 750yds Time: 15:00