

Workout #5636 - Saturday, 16 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	5:30 AM	1 x 800 on 11:00 Free	EN1	S	FR	0:41
400	5:42 AM	1 x 400 on 7:00 kick 50board 50back	EN1	K	CHO	0:52
200	5:50 AM	1 x 200 on 3:00 Your Stroke Drill/Swim x 25	EN1	D	STK	0:45
400	5:54 AM	1 x 400 on 6:00 pull b-5 or snorkel	EN1	P	PAD	0:45
200	6:01 AM	1 x 200 on 3:30 kick harder	EN1	K	CHO	0:52
1,200	6:06 AM	1x{8 x 100 on 1:40 50GT 200 50EZ	EN2	S	FR	0:50
		{1 x 200 on 4:00 ez	EN1	S	FR	1:00
		{4 x 50 on 1:15 25 GT 100 25ez	SP3	S	FR	1:15
	6:30 AM	1 on 1:00				
1,200	6:31 AM	12 x 100 on 1:20 kick w fins	EN2	K	FIN	0:40
1,200	6:48 AM	4 x 300 on 4:00 desc 1-4	EN2	P	PAD	0:40
200	7:05 AM	1 x 200 on 3:00 Free				0:45
	7:08 AM	5,800 Yards - Stress Value = 94				

Mustangs

Warm Up:

- 1 x 800 150 Free / 50 IMO on :30 rest
- 1 x 200 Kick 25 Free, 25 Choice on :30 rest

Main Set:

- 20 x 100 White Pace on 1:25 / 1:40

Kick Set:

- 6 x 150 Kick on 3:00 / 3:15
- > #1-3: Free K Desc
- > #4-6: Stroke K Desc