

Workout #5626 - Sunday, 10 January 2021

Generic

1 minute rest between sets

Yards	Time	Set	Description	EGY	WORK	STK	PACE	
500	8:00 AM	1 x	500 on 6:40 Free	EN1	S	FR	0:40	
400	8:08 AM	1 x	400 on 5:20 faster than the 500 pace	EN1	S	FR	0:40	
300	8:15 AM	1 x	300 on 4:00 faster than the 400 pace	EN2	S	FR	0:40	
200	8:20 AM	1 x	200 on 2:40 faster than 300 pace	EN2	S	FIN	0:40	
100	8:24 AM	1 x	100 on 1:20 faster than 200 pace	EN2	S	FR	0:40	
1,200	8:27 AM	12 x	100 on 1:30 White Pace	EN2	S	FR	0:45	
1,200	8:46 AM	2 x	600 on 9:00 Back Fins/Paddles DPS Perfect Technique 3+ UW kicks off walls	EN1	S	BK	0:45	
600	9:05 AM	12 x	50 on :50 Pull B-3 Paddles Low Stroke Coun Keep them at White Pace	EN1	D	FR	0:50	
1,000	9:16 AM	5 x	200 on 2:50 kick w fins	EN1	K	FIN	0:42	
200	9:32 AM	1 x	200 on 3:00 Free				0:45	
	9:35 AM		5,700 Yards - Stress Value = 73					