

**Workout #5675 - Thursday, 11 February 2021**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,500	5:15 AM	4x{1 x 225 on 3:00 Free 3 x 50 on 1:00 kick drill swim 1 round each stroke	EN1	S	FR	0:40
			EN1	D	IM	1:00
300	5:40 AM	1 x 300 on 4:00 white	EN2	S	FR	0:40
300	5:45 AM	2 x 150 on 2:00 pink	EN2	S	FR	0:40
300	5:50 AM	3 x 100 on 1:20 red	EN2	S	FR	0:40
800	5:55 AM	16 x 50 on 1:00 12.5 25 37.5 all Fast 8 free 8stroke	EN1	K	FRM	1:00
1,000	6:12 AM	2x{1 x 50 on :50 GT 200	SP2	S	STK	0:50
		{1 x 50 on :50 GT 200 Hold Stroke Count	SP2	S	STK	0:50
		{2 x 25 on :30 Hold Pace and Stroke Count	SP2	S	STK	1:00
		{2 x 50 on :40 pink Free keep HR Up	EN2	S	FR	0:40
		{1 x 50 on :50 ALL OUT GT 200	SP2	S	STK	0:50
		{1 x 200 on 5:00 Free	REC	S	FR	1:15
	6:32 AM	4,200 Yards - Stress Value = 85				