

Workout #5682 - Thursday, 18 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
600	5:15 AM	1 x 600 on 8:00 Free	EN1	S	FR	0:40
600	5:24 AM	6 x 100 on 1:20 2white 2pink 2red	EN2	S	FR	0:40
300	5:33 AM	6 x 50 on 1:00 kick 1fr 1stk	EN1	K	FRM	1:00
1,600	5:40 AM	1x{8 x 25 on :30 2build stroke 6 SPRINT STROKE	SP2	S	STK	1:00
		{1 x 300 on 5:00 50Stroke SPRINT 50Free	EN2	S	STK	0:50
		{2 x 150 on 2:30 75STROKE SPRINT 75Free	SP2	S	STK	0:50
		{3 x 100 on 1:40 Fr--50/50--StrokeSprint	SP2	S	STK	0:50
		{8 x 25 on :30 1-SPRINT 15M UW 1-ez	SP2	S	STK	1:00
		{6 x 50 on :50 Free	REC	S	FR	0:50
	6:09 AM	1 on 1:00				
1,600	6:10 AM	2x{1 x 300 on 6:00 Kick no board	EN1	K	STK	1:00
		{4 x 100 on 1:45 kick 25 fast 50fast 75 fast all	EN1	K	STK	0:52
		{1 x 25 on :30 UW on Back SPRINT	SP3	K	FLY	1:00
		{1 x 25 on :30 ez	REC	S	FR	1:00
		{1 x 25 on :30 UW FLY KICK SPRINT	SP3	K	FLY	1:00
		{1 x 25 on :30 NB SPRINT	SP3	S	FR	1:00
	6:40 AM	4,700 Yards - Stress Value = 147				