

**Workout #5574 - Thursday, 03 December 2020**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	6:00 AM	4 x 200 on 3:00 Free 4 uw kicks off each wall	EN1	D	FR	0:45
900	6:13 AM	12 x 75 on 1:30 see notes	EN1	D	STK	1:00
3,600	6:32 AM	2x{8 x 50 on :45 GT 200+4	EN2	S	STK	0:45
		{1 x 200 on 3:30 Free	REC	S	FR	0:52
		{6 x 50 on :50 gt 200 +2	EN2	S	STK	0:50
		{1 x 200 on 4:00 Free	REC	S	FR	1:00
		{4 x 50 on 1:00 GT 200	SP2	S	STK	1:00
		{1 x 200 on 4:00 Free	REC	S	FR	1:00
		{2 x 50 on 1:10 GT 200-2	SP2	S	STK	1:10
		{1 x 200 on 3:40 Free	REC	S	FR	0:55
	7:38 AM	1 on 1:00				
1,200	7:39 AM	3x{2 x 100 on 1:30 kick w fins	EN1	K	FIN	0:45
		{2 x 100 on 1:20 kick w fins	EN2	K	FIN	0:40
500	7:57 AM	1 x 500 on 7:00 Pull b-5	EN1	P	PAD	0:42
	8:04 AM	7,000 Yards - Stress Value = 128				

on 75s

#1 50k 25d

#2 50d 25 s

#3 Swim Desc x 25