

Workout #5634 - Thursday, 14 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,000	5:15 AM	1 x 1000 on 16:00 100fr 25k 50d 25swim free	EN1	D	FR	0:48
900	5:32 AM	9 x 100 on 1:20 3white 3pink 3red	EN2	S	FR	0:40
300	5:45 AM	2x{1 x 50 on :45 25stroke 25Free	EN2	S	STK	0:45
		{1 x 50 on :40 25stroke 25 free	EN2	S	STK	0:40
		{1 x 50 on :35 25stroke 25free	EN2	S	STK	0:35
		round 2 go Fr/Stk				
600	5:50 AM	2x{1 x 100 on 1:30 50stroke 50Free	EN2	S	STK	0:45
		{1 x 100 on 1:20 50stroke 50Free	EN2	S	STK	0:40
		{1 x 100 on 1:10 50stroke 50fr	EN2	S	STK	0:35
		round 2 fr/stk				
1,200	5:59 AM	2x{1 x 200 on 3:00 100stk 100fr	EN2	S	STK	0:45
		{1 x 200 on 2:40 100stk 100fr	EN2	S	STK	0:40
		{1 x 200 on 2:20 100stk 100fr	EN2	S	STK	0:35
		round 2 fr/stk				
900	6:16 AM	3x{1 x 100 on 1:30 kick stroke	EN2	K	STK	0:45
		{1 x 100 on 1:45 faster	EN2	K	STK	0:52
		{1 x 100 on 2:00 faster	EN2	K	STK	1:00
200	6:33 AM	1 x 200 on 3:00 Free				0:45
	6:36 AM	5,100 Yards - Stress Value = 88				