

Workout #5622 - Thursday, 07 January 2021

Generic

1 minute rest between sets

Yards	Time	Set	Description	EGY	WORK	STK	PACE
500	5:15 AM	1 x	500 on 7:00 Free	EN1	S	FR	0:42
300	5:23 AM	1 x	300 on 4:30 pull	EN1	P	PAD	0:45
200	5:29 AM	1 x	200 on 4:00 kick	EN1	K	STK	1:00
400	5:34 AM	1 x	400 on 5:30 NEg Split	EN1	S	FR	0:41
400	5:41 AM	4 x	100 on 1:30 25stk 50fr 25stk	EN2	S	STK	0:45
400	5:48 AM	1 x	400 on 5:30 neg split	EN1	S	FR	0:41
400	5:55 AM	4 x	100 on 1:20 25stk 50fr 25stk	EN2	S	STK	0:40
400	6:02 AM	1 x	400 on 5:30 neg split	EN1	S	FR	0:41
400	6:09 AM	4 x	100 on 1:10 CHALLENGE 25stk 50fr 25stk	EN2	S	STK	0:35
300	6:15 AM	3 x	100 on 1:50 stroke kick	EN1	K	STK	0:55
300	6:22 AM	3 x	100 on 1:40 stroke kick--desc 1-3	EN1	K	STK	0:50
300	6:28 AM	3 x	100 on 1:30 HARD stroke kick	EN2	K	STK	0:45
100	6:34 AM	1 x	100 on 2:00 Free				1:00
6:36 AM 4,400 Yards - Stress Value = 58							