

**Workout #5673 - Thursday, 11 February 2021**

**Generic**

**1 minute rest between sets**

| Yards | Time    | Set Description                                | EGY | WORK | STK | PACE |
|-------|---------|--|-----|------|-----|------|
| 600   | 5:45 PM | 1 x 600 on 9:00 Free                           | EN1 | S    | FR  | 0:45 |
| 600   | 5:55 PM | 2 x 300 on 4:30 pull mid 100 back              | EN1 | P    | PAD | 0:45 |
| 600   | 6:05 PM | 12 x 50 on 1:00 kick 6fr 6stk last 12/5 SPRINT | EN1 | K    | FRM | 1:00 |
| 1,200 | 6:18 PM | 3x{1 x 100 on 1:40 25fr 50 d/s 25fr            | EN1 | D    | FRM | 0:50 |
|       |         | {1 x 100 on 1:40 25stroke 50fr 25stroke        | EN2 | S    | FRM | 0:50 |
|       |         | {2 x 100 on 1:20 Free                          | EN2 | S    | FR  | 0:40 |
|       |         | Round 1 white round 2 pink round 3 red         |     |      |     |      |
|       | 6:37 PM | 1 on 1:00                                      |     |      |     |      |
| 2,000 | 6:38 PM | 4x{1 x 25 on :20 SPRINT STROKE                 | SP3 | S    | STK | 0:40 |
|       |         | {1 x 25 on :40 Free                            | REC | S    | FR  | 1:20 |
|       |         | {1 x 50 on :40 SPRINT STROKE                   | SP2 | S    | STK | 0:40 |
|       |         | {1 x 50 on 1:20 Free                           | REC | S    | FR  | 1:20 |
|       |         | {1 x 75 on 1:00 SPRINT STROKE                  | SP2 | S    | STK | 0:40 |
|       |         | {1 x 75 on 2:00 Free                           | REC | S    | FR  | 1:20 |
|       |         | {1 x 100 on 1:20 SPRINT STROKE                 | SP2 | S    | STK | 0:40 |
|       |         | {1 x 100 on 2:40 Free                          | REC | S    | FR  | 1:20 |
| 600   | 7:19 PM | 24 x 25 on :30 every 3rd SPRINT                | EN1 | K    | FRM | 1:00 |
|       |         | 12 Free 12 Stroke                              |     |      |     |      |
| 400   | 7:32 PM | 1 x 400 on 6:00 Free                           | EN1 | S    | FR  | 0:45 |
|       | 7:38 PM | 6,000 Yards - Stress Value = 143               |     |      |     |      |