

Workout #5683 - Thursday, 18 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
900	5:45 PM	4 x 225 on 3:00 desc 1-4	EN2	S	FR	0:40
1,200	5:58 PM	4 x 300 on 3:40 Pink	EN2	S	FR	0:37
900	6:14 PM	6 x 150 on 2:30 50k 25d 25swim desc swim	EN1	D	STK	0:50
1,800	6:30 PM	2x{6 x 50 on :50 Free	EN1	S	FR	0:50
		{2 x 50 on :50 GT 200	SP2	S	STK	0:50
		{4 x 50 on :45 Free	EN1	S	FR	0:45
		{2 x 50 on :45 GT 200	SP2	S	STK	0:45
		{2 x 50 on :40 Free	EN1	S	FR	0:40
		{2 x 50 on :40 GT 200	SP2	S	STK	0:40
	6:59 PM	1 on 1:00				
1,200	7:00 PM	2x{2 x 50 on 1:00 Kick	EN1	K	STK	1:00
		{2 x 50 on :50 kick	EN1	K	STK	0:50
		{2 x 50 on 1:00 kick	EN1	K	STK	1:00
		{2 x 50 on :45 kick	EN2	K	STK	0:45
		{2 x 50 on 1:00 kick	EN1	K	STK	1:00
		{2 x 50 on :40 kick all out stroke	EN2	K	STK	0:40
1,000	7:22 PM	8 x 125 on 1:35 pull b3-5-7-5-3	EN2	P	PAD	0:38
200	7:36 PM	1 x 200 on 4:00 Free				1:00
	7:40 PM	7,200 Yards - Stress Value = 159				