

Workout #5651 - Thursday, 28 January 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
900	5:55 PM	2x{2 x 50 on 1:00 kick stroke last 25 HARD	EN1	K	STK	1:00
		{2 x 75 on 1:20 50Drill 25 Swim--Mod	EN1	D	STK	0:53
		{2 x 100 on 1:30 25sroke 50free 25 stroke White	EN2	S	FRM	0:45
900	6:12 PM	6 x 150 on 1:45 White/Pink	EN2	S	FR	0:35
1,500	6:24 PM	30 x 50 on :50 1ez 2 HARD GT 200	EN2	S	STK	0:50
900	6:50 PM	4x{1 x 75 on 1:30 25 UW 25kick 25UW	EN1	K	FLY	1:00
		{1 x 75 on 1:30 25UW 25kick 25 SPRINT Swim	EN2	K	FLY	1:00
		{1 x 75 on 1:30 ALL OUT KICK	EN2	K	STK	1:00
1,600	7:09 PM	8 x 200 on 2:40 100Pull B-5 100Swim Kick Hard!	EN2	P	PAD	0:40
600	7:32 PM	12 x 50 on :50 1fr 1bk	EN1	S	FRM	0:50
	7:42 PM	7,000 Yards - Stress Value = 120				