

Workout #5644 - Thursday, 21 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	6:30 PM	1 x 800 on 11:00 perfect technique	EN1	S	FR	0:41
1,200	6:42 PM	12 x 100 on 1:20 6white 6pink	EN2	S	FR	0:40
500	6:59 PM	10 x 50 on :50 GT 200+2	EN2	S	STK	0:50
200	7:09 PM	1 x 200 on 4:00 Free	REC	S	FR	1:00
500	7:14 PM	10 x 50 on :50 GT 200 +2	EN2	S	STK	0:50
200	7:24 PM	1 x 200 on 4:00 Free	REC	S	FR	1:00
500	7:29 PM	10 x 50 on 1:00 GT 200	SP2	S	STK	1:00
200	7:40 PM	1 x 200 on 4:00 Free	SP2	S	STK	1:00
1,000	7:45 PM	4x{1 x 100 on 2:00 build last 25 fast	EN1	K	STK	1:00
		{2 x 50 on :50 kick build #2 faster	EN1	K	STK	0:50
		{2 x 25 on :20 all out kick	EN2	K	STK	0:40
1,000	8:04 PM	5 x 200 on 2:30 100-3 50-5 50-7	EN2	P	PAD	0:38
200	8:18 PM	1 x 200 on 3:00 Free				0:45
	8:21 PM	6,300 Yards - Stress Value = 154				