

Workout #5597 - Thursday, 17 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
600	5:30 AM	6 x 100 on 1:30 3-4-5-6 UW off each wall	EN1	D	FR	0:45
600	5:40 AM	8 x 75 on 1:20 25 single arm paddle 50fr odds left arm only--evens right arm only	EN1	D	FR	0:53
650	5:52 AM	2x{1 x 225 on 3:00 25stroke 25free {4 x 25 on :30 Stroke GT 200+1	EN2	S	FR	0:40
850	6:03 AM	2x{1 x 225 on 3:00 25stroke 25free {4 x 50 on 1:00 GT 200+2	EN2	S	FRM	0:40
1,050	6:18 AM	2x{1 x 225 on 3:00 25stk 25Free {4 x 75 on 1:30 stroke gt 200 +3	EN2	S	FRM	0:40
	6:37 AM	1 on 1:00				
1,000	6:38 AM	2x{3 x 100 on 1:50 stroke kick {2 x 100 on 1:30 kick stroke	EN1	K	STK	0:55
250	6:56 AM	1 x 250 on 3:45 Free				0:45
	7:00 AM	5,000 Yards - Stress Value = 77				