

Workout #5641 - Thursday, 04 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,200	5:45 PM	8 x 150 on 2:10 last 50 Kick/Drill Stroke	EN1	S	FR	0:43
1,350	6:04 PM	3x{2 x 50 on 1:00 right side/left side kick	EN1	K	FR	1:00
		{2 x 75 on 1:15 25 Shark Fin 50Swim Paddles	EN1	D	FR	0:50
		{2 x 100 on 1:30 1white 1pink	EN2	S	FR	0:45
	6:28 PM	1 on 1:00				
2,800	6:29 PM	1x{6 x 50 on :40 GT 200+2	EN2	S	FLY	0:40
		{4 x 100 on 1:15 Free	EN2	S	FR	0:38
		{6 x 50 on :50 GT 200+2	EN2	S	BK	0:50
		{4 x 100 on 1:15 Free	EN2	S	FR	0:38
		{6 x 50 on 1:00 GT 200+2	EN2	S	BR	1:00
		{4 x 100 on 1:15 Free	EN2	S	FR	0:38
		{6 x 50 on 1:10 GT 200+2	EN2	S	FR	1:10
		{4 x 100 on 1:15 Free	EN2	S	FR	0:38
400	7:12 PM	16 x 25 on 1:00 UW Dolphin 8Tummy 8Back	EN1	K	FLY	2:00
800	7:29 PM	8 x 100 on 1:20 2-120 2-110	EN2	P	PAD	0:40
200	7:41 PM	1 x 200 on 3:00 Free				0:45
	7:44 PM	6,750 Yards - Stress Value = 107				