

Workout #5640 - Tuesday, 19 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
600	5:15 AM	1 x 600 on 9:00 100fr 25fly kick on back 25 swim	EN1	D	FLY	0:45
1,000	5:25 AM	2x{1 x 50 on :50 6 uw kicks back GT 200+3	EN2	D	BK	0:50
		{1 x 100 on 1:40 6 uw kicks back GT 200 +6	EN2	D	BK	0:50
		{1 x 150 on 2:30 6 uw kicks Back	EN2	D	BK	0:50
		{1 x 200 on 3:20 6uw kicks Back	EN2	D	BK	0:50
	5:43 AM	1 on 1:00				
2,000	5:44 AM	2x{1 x 100 on 1:25 im	EN2	S	IM	0:42
		{1 x 100 on 1:25 fly	EN2	S	FLY	0:42
		{1 x 100 on 1:25 im	EN2	S	IM	0:42
		{1 x 100 on 1:25 back	EN2	S	BK	0:42
		{1 x 100 on 1:25 im	EN2	S	IM	0:42
		{1 x 100 on 1:25 breast	EN2	S	BR	0:42
		{1 x 100 on 1:25 im	EN2	S	IM	0:42
		{1 x 100 on 1:25 free	EN2	S	FR	0:42
		{1 x 100 on 1:25 im	EN2	S	IM	0:42
		{1 x 100 on 1:25 your stroke	EN2	S	STK	0:42
		{1 on 1:00 rest				
		round 1 on 130 round 2 on 120				
1,000	6:16 AM	4x{3 x 50 on :55 kick back	EN1	K	BK	0:55
		{2 x 50 on :45 kick back	EN1	K	BK	0:45
100	6:34 AM	1 x 100 on 2:00 Free				1:00
	6:36 AM	4,700 Yards - Stress Value = 76				