

Workout #5688 - Tuesday, 23 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE	
800	5:15 AM	4 x 200 on 3:00 150free 50back desc 1-4	EN1	S	FRM	0:45	
600	5:28 AM	4 x 150 on 2:00 1white 2pink 1red	EN2	S	FR	0:40	
2,500	5:37 AM	2x{1 x 300 on 4:30 Fly/Back/Free	EN2	S	IM	0:45	
		{1 x 250 on 3:45 50breast 50free	EN2	S	IM	0:45	
		{1 x 200 on 3:00 IM Second 25 SPRINT	EN2	S	IM	0:45	
		{12 x 25 on :20 2IMO 2FREE	EN2	S	FRM	0:40	
		{1 x 200 on 4:00 Free	REC	S	FR	1:00	
200	6:17 AM	2 x 100 on 1:50 kick stroke	EN1	K	STK	0:55	
200	6:22 AM	2 x 100 on 1:30 kick stroke	EN2	K	STK	0:45	
200	6:26 AM	2 x 100 on 1:40 kick stroke	EN2	K	STK	0:50	
200	6:31 AM	2 x 100 on 1:30 kick stroke	EN2	K	STK	0:45	
	6:34 AM	4,700 Yards - Stress Value = 76					