

Workout #5592 - Tuesday, 15 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	5:30 AM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
400	5:37 AM	4 x 100 on 1:30 pink	EN2	S	FR	0:45
400	5:44 AM	8 x 50 on 1:00 2 each stroke	EN1	K	IM	1:00
800	5:53 AM	8x{1 x 50 on :55 im drill	EN1	D	IM	0:55
		{1 x 50 on 1:05 Build last 12m Finish Hard	EN2	S	IM	1:05
		2 rounds each stroke				
2,500	6:10 AM	1x{4 x 50 on :50 25fly 25 back	EN2	S	IM	0:50
		{4 x 50 on :50 25back 25 breast	EN2	S	IM	0:50
		{4 x 50 on :50 25breast 25Free	EN2	S	FR	0:50
		{4 x 75 on 1:10 25 fly 50back	EN2	S	IM	0:47
		{4 x 75 on 1:10 50 back 25 breast	EN2	S	IM	0:47
		{4 x 75 on 1:10 50breast 25 free	EN2	S	IM	0:47
		{4 x 125 on 1:50 25fly 75back 25breast	EN2	S	IM	0:44
		{4 x 125 on 1:50 25back 75breast 25Free	EN2	S	IM	0:44
	6:50 AM	1 on 1:00				
1,800	6:51 AM	1x{3 x 300 on 5:30 Kick	EN1	K	CHO	0:55
		{3 x 200 on 3:20 Kick	EN1	K	CHO	0:50
		{3 x 100 on 1:30 kick	EN2	K	CHO	0:45
		desc 1-3 each time				
200	7:23 AM	1 x 200 on 3:00 Free				0:45
	7:26 AM	6,500 Yards - Stress Value = 99				