

Workout #5618 - Tuesday, 05 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,200	6:00 AM	8 x 150 on 2:15 middle 50 kick choice	EN1	S	FR	0:45
800	6:19 AM	4x{1 x 75 on 1:30 kick on back focus Streamline	EN1	D	BK	1:00
		{1 x 25 on :30 20Sprint Swim 4UW Kicks	SP3	S	BK	1:00
		{1 x 25 on :30 20m Sprint swim 5 UW Kicks	SP3	S	BK	1:00
		{1 x 25 on :30 20m Sprint 6 UW Kicks	SP3	S	BK	1:00
		{1 x 50 on 1:30 EZ back Perfect Technique	REC	S	BK	1:30
	6:38 AM	1 on 1:00				
1,200	6:39 AM	1x{3 x 100 on 2:00 fly kick hard	EN2	K	FLY	1:00
		{3 x 100 on 2:00 back kick hard	EN2	K	BK	1:00
		{3 x 100 on 2:00 breast kick hard	EN2	K	BR	1:00
		{3 x 100 on 2:00 Free kick hard	EN2	K	FR	1:00
		Challenge Yourself on Kicking!				
2,700	7:04 AM	3x{1 x 300 on 4:30 100Free 100IM 100Free	EN2	S	IM	0:45
		{1 x 300 on 4:30 50fr 200im 50fr	EN2	S	FR	0:45
		{1 x 300 on 4:30 IM See Notes	EN2	S	IM	0:45
		on the 300 IM Make sure the last 50 Is ALL OUT				
		Descend the 300IMs x round GO GET THE LAST ONE!				
300	7:46 AM	1 x 300 on 5:00 Free	EN1	S	FR	0:50
	7:51 AM	6,200 Yards - Stress Value = 108				