

Workout #5630 - Tuesday, 12 January 2021

Generic

1 minute rest between sets

| Yards | Time | Set Description | EGY | WORK | STK | PACE |
|-------|---------|--|-----|------|-----|------|
| 1,000 | 5:15 AM | 1 x 1000 on 16:00 100fr 25k-50d 25s back | EN1 | D | FRM | 0:48 |
| 600 | 5:32 AM | 3 x 200 on 3:00 50fr 100switch im 50free | EN2 | S | IM | 0:45 |
| 300 | 5:42 AM | 6 x 50 on 1:00 fly desc 1-3, 4-6 | EN2 | S | FLY | 1:00 |
| 600 | 5:49 AM | 3 x 200 on 2:50 50fr 100SIM 50fr | EN2 | S | IM | 0:42 |
| 300 | 5:59 AM | 6 x 50 on 1:00 back desc 1-3, 4-6 | EN2 | S | BK | 1:00 |
| 600 | 6:06 AM | 3 x 200 on 2:40 50fr 100sim 50fr | EN2 | S | IM | 0:40 |
| 300 | 6:15 AM | 6 x 50 on 1:00 breast desc 1-3, 4-6 | EN2 | S | BR | 1:00 |
| 900 | 6:22 AM | 2x{1 x 150 on 2:10 50kick | EN1 | K | STK | 0:43 |
| | | {1 x 150 on 2:10 100kick | EN1 | K | STK | 0:43 |
| | | {1 x 150 on 2:10 all kick hard | EN2 | K | STK | 0:43 |
| | 6:35 AM | 4,600 Yards - Stress Value = 76 | | | | |