

Workout #5610 - Tuesday, 29 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	6:00 AM	1 x 800 on 12:00 150Swim 50 Shark Fin	EN1	D	FR	0:45
500	6:13 AM	10 x 50 on :45 Snorkel Catch Up--Or B-7	EN1	D	FR	0:45
2,800	6:22 AM	4x{3 x 100 on 1:50 Kick Desc 1-3	EN1	K	IM	0:55
		{2 x 100 on 1:40 Drill/Swim x 50	EN1	D	IM	0:50
		{1 x 100 on 1:30 Each 25 Faster	EN2	S	IM	0:45
		{2 x 50 on :50 SPRINT ADD UP 400IM	SP2	S	IM	0:50
	7:11 AM	1 on 1:00				
800	7:12 AM	4x{3 x 50 on 1:00 desc 1-3	EN2	K	FRM	1:00
		{2 x 25 on :20 SPRINT	EN2	K	FRM	0:40
		rounds 1-2 Free rounds 3-4 Stroke				
1,200	7:28 AM	4 x 300 on 4:15 Desc 1-3 B-3-5-7 x 100	EN2	P	PAD	0:42
		PUSH YOURSELF ON THE PULL DESCEND				
200	7:46 AM	1 x 200 on 4:00 Free	REC	S	FR	1:00
	7:50 AM	6,300 Yards - Stress Value = 121				