

Workout #5602 - Tuesday, 22 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	8:00 AM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
400	8:07 AM	2 x 200 on 3:00 pull b 50-3 100-5 50-7	EN2	P	PAD	0:45
400	8:14 AM	4 x 100 on 1:30 see notes 2-3-4-5 strokes NB off each wall	EN2	D	FR	0:45
400	8:21 AM	8 x 50 on 1:00 back 25 one arm 25 swim	EN1	D	BK	1:00
2,100	8:30 AM	1x{4 x 100 on 1:30 IM	EN2	S	IM	0:45
		{4 x 125 on 1:30 Free	EN2	S	FR	0:36
		{3 x 100 on 1:25 IM	EN2	S	IM	0:42
		{3 x 125 on 1:25 Free	EN2	S	FR	0:34
		{2 x 100 on 1:20 im	EN2	S	IM	0:40
		{2 x 125 on 1:20 Free	EN2	S	FR	0:32
		{1 x 75 on 1:30 Free	REC	S	FR	1:00
	8:59 AM	1 on 1:00				
1,200	9:00 AM	3x{4 x 50 on 1:00 kick stroke first 15m Sprint	EN2	K	STK	1:00
		{4 x 50 on :45 kick hard	EN2	K	STK	0:45
500	9:22 AM	4 x 125 on 1:45 pull B3-5-7-5-3 x 25	EN2	P	PAD	0:42
500	9:30 AM	4 x 125 on 1:35 b-3-5-7-5-3 x 25	EN2	P	PAD	0:38
300	9:38 AM	1 x 300 on 5:00 50free 50back	EN1	S	FRM	0:50
	9:43 AM	6,200 Yards - Stress Value = 112				