

Workout #5662 - Tuesday, 02 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
600	5:45 PM	1 x 600 on 9:00 100free 100back	EN1	S	FRM	0:45
600	5:55 PM	2 x 300 on 4:30 pull mid 100 back	EN1	P	FRM	0:45
1,000	6:05 PM	8 x 125 on 2:15 50kick 25-4 25-5 25-6 UW	EN1	D	BK	0:54
2,400	6:24 PM	1x{6 x 100 on 1:30 Fly/Back Sprint	EN2	S	IM	0:45
		{6 x 100 on 1:30 Back/Breast Sprint	EN2	S	IM	0:45
		{6 x 100 on 1:30 Breast/Free Sprint	EN2	S	IM	0:45
		{6 x 100 on 1:30 Best Average IM	EN3	S	IM	0:45
800	7:01 PM	8 x 100 on 2:00 kick first and last 25 Sprint 2 each stroke	EN1	K	IM	1:00
1,200	7:18 PM	4 x 300 on 4:10 pull Desc to All Out	EN2	P	PAD	0:42
400	7:36 PM	1 x 400 on 6:00 Free				0:45
	7:42 PM	7,000 Yards - Stress Value = 126				