

Workout #5654 - Tuesday, 26 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,400	5:45 PM	4x{1 x 200 on 3:00 Free	EN1	S	FR	0:45
		{3 x 50 on 1:00 Rotational Dolphin Kick	EN1	K	FLY	1:00
300	6:10 PM	3 x 100 on 1:40 rt fin left padd 6 UW	EN1	D	BK	0:50
300	6:16 PM	3 x 100 on 1:40 lft fin rt padd 6 uw	EN1	D	BK	0:50
600	6:22 PM	6 x 100 on 1:30 no equip strong	EN2	S	BK	0:45
	6:32 PM	1 on 1:00				
1,400	6:33 PM	8x{1 x 75 on 1:10 stroke Last 25 sprint	EN2	S	IM	0:47
		{1 x 100 on 1:10 Free Pink	EN2	S	FR	0:35
		2 each stroke				
1,200	6:53 PM	24 x 50 on :55 6 each desc 1-3, 4-6	EN1	K	IM	0:55
1,350	7:16 PM	9 x 150 on 2:10 Desc 1-3, 4-6 HARD Desc	EN2	P	PAD	0:43
300	7:37 PM	1 x 300 on 5:00 Free	REC	S	FR	0:50
	7:42 PM	6,850 Yards - Stress Value = 99				