

Workout #5671 - Tuesday, 09 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
900	5:45 PM	6 x 150 on 2:10 100Free 50Back desc 1-3, 4-6	EN1	S	FRM	0:43
1,000	5:59 PM	4x{2 x 75 on 1:15 25k 25d 25s	EN1	D	IM	0:50
	6:16 PM	{1 x 100 on 1:30 Free 8-6-4-2 UW Dolphin Kicks	EN2	S	FR	0:45
	6:17 PM	1 on 1:00				
3,600	6:17 PM	1x{1 x 400 on 5:00 Free	EN2	S	FR	0:38
		{4 x 200 on 3:00 im Desc 1-4	EN2	S	IM	0:45
		{1 x 400 on 5:00 Free	EN2	S	FR	0:38
		{3 x 200 on 3:00 im desc 1-3 faster	EN2	S	IM	0:45
		{1 x 400 on 5:00 Free	EN2	S	FR	0:38
		{2 x 200 on 3:00 im desc faster	EN2	S	IM	0:45
		{1 x 400 on 5:00 Free	EN2	S	FR	0:38
		{1 x 200 on 5:00 Dive All Out	SP2	S	IM	1:15
1,000	7:10 PM	4 x 250 on 4:00 50IMO 50Free kick	EN1	K	IM	0:48
1,000	7:27 PM	4 x 250 on 3:45 pull 25fly 50back 75 breast 100F	EN2	P	PAD	0:45
	7:42 PM	7,500 Yards - Stress Value = 141				