

Workout #5576 - Tuesday, 08 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	6:00 AM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
400	6:07 AM	2 x 200 on 3:00 pull b-5	EN1	P	PAD	0:45
600	6:14 AM	8 x 75 on 1:30 Back Drill 25 right arm 25 left arm 25 whole stroke--long off wall	EN1	D	BK	1:00
400	6:27 AM	4 x 100 on 2:00 Sprint flags/Turn 6UW 2strokes	EN1	D	BK	1:00
400	6:36 AM	8 x 50 on :55 kick 4stroke 4 free	EN1	K	FRM	0:55
2,600	6:45 AM	4x{1 x 25 on :25 Fly {1 x 50 on :45 Back {1 x 75 on 1:10 Breast {1 x 100 on 1:20 Free {1 x 200 on 3:00 im HARD Plus 10 or better {1 x 200 on 3:00 Free EZ	EN1 EN2 EN2 EN2 EN3 EN1	S S S S S S	FLY BK BR FR IM FR	0:50 0:45 0:47 0:40 0:45 0:45
	7:25 AM	1 on 1:00				
1,000	7:26 AM	2x{3 x 100 on 1:40 kick stroke {2 x 100 on 1:30 kick hard stroke	EN1 EN2	K K	STK STK	0:50 0:45
200	7:43 AM	1 x 200 on 3:00 Free				0:45
	7:46 AM	6,000 Yards - Stress Value = 111				