

**Workout #5612 - Wednesday, 30 December 2020**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
500	6:00 AM	1 x 500 on 7:00 Free	EN1	S	FR	0:42
500	6:08 AM	5 x 100 on 2:00 kick first and last 25 breast k	EN1	K	BR	1:00
600	6:19 AM	8 x 75 on 1:30 Work Pull outs	EN1	D	BR	1:00
		Odds				
		25 3-pull outs/25 2-pull outs/ 25-1pull out--work Dist.				
		Evens--Swim Perfect Breast--Build x 25				
1,200	6:32 AM	1x{6 x 50 on 1:00 kick free	EN1	K	FR	1:00
		{6 x 50 on :55 kick free	EN1	K	FR	0:55
		{6 x 50 on :50 kick free	EN1	K	FR	0:50
		{6 x 50 on :45 kick free	EN2	K	FR	0:45
600	6:54 AM	12 x 50 on :50 4 white 4 pink 4 red	EN2	S	FR	0:50
2,700	7:05 AM	6 x 450 on 5:30 hold sub 5min--think LCM	EN2	S	FR	0:37
200	7:39 AM	1 x 200 on 3:00 Free				0:45
	7:42 AM	6,300 Yards - Stress Value = 97				