

Workout #5672 - Wednesday, 10 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
500	5:15 AM	1 x 500 on 7:30 last 125 kick	EN1	K	FR	0:45
400	5:24 AM	1 x 400 on 6:00 last 100 k	EN1	S	FR	0:45
300	5:31 AM	1 x 300 on 4:30 last 75 kick	EN1	S	FR	0:45
200	5:37 AM	1 x 200 on 3:00 last 50 kick	EN1	S	FR	0:45
100	5:41 AM	1 x 100 on 1:30 last 25 kick	EN1	S	FR	0:45
500	5:44 AM	20 x 25 on :30 kick Every 4th UW alt front/bac	EN1	K	FRM	1:00
1,900	5:55 AM	4x{1 x 75 on 1:30 KICK ALL OUT FOR TIME	EN2	K	STK	1:00
		{1 x 400 on 6:00 Free	EN1	S	FR	0:45
	6:26 AM	1 on 1:00				
400	6:27 AM	8 x 50 on 1:10 15m NB Sprint Turn-Finish	SP3	S	FR	1:10
	6:37 AM	4,300 Yards - Stress Value = 58				