

**Workout #5604 - Wednesday, 23 December 2020**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
6,700	6:00 AM	1x{12 x 100 on 1:30 3fr 3kick 3pull 3fr	EN1	S	FR	0:45
		{11 x 100 on 1:25 25stroke 50fr 25stroke	EN2	S	STK	0:42
		{10 x 100 on 1:20 3fr 2im	EN2	S	FRM	0:40
		{9 x 100 on 1:45 kick desc 1-3	EN1	K	CHO	0:52
		{8 x 75 on 1:00 lez 2gt 1000 lez	EN2	S	FR	0:40
		{7 x 50 on :50 2GT 500 lez	EN2	S	FR	0:50
		{6 x 50 on :50 GT 200 stroke +2	EN2	S	STK	0:50
		{5 x 50 on 1:00 1GT 200 lez	EN2	S	FR	1:00
		{4 x 100 on 1:15 Free	EN2	S	FR	0:38
		{3 x 100 on 1:10 Free	EN2	S	FR	0:35
		{2 x 100 on 1:05 Free	EN2	S	FR	0:32
		{1 x 100 on 1:00 Free	EN2	S	FR	0:30
300	7:40 AM	1 x 300 on 5:00 ez	REC	S	FR	0:50
	7:45 AM	7,000 Yards - Stress Value = 113				