

Workout #5620 - Wednesday, 06 January 2021

Generic

1 minute rest between sets

| Yards | Time | Set Description | EGY | WORK | STK | PACE |
|-------|---------|--|-----|------|-----|------|
| 1,000 | 6:00 AM | 1 x 1000 on 15:00 4-fr 3p 2k 1im | EN1 | S | FRM | 0:45 |
| 800 | 6:16 AM | 2x{4 x 25 on :45 kick breast 1DPS 1HARD | EN1 | K | BR | 1:30 |
| | | {4 x 25 on :40 Polo Ball--fast Hands Drill | EN1 | D | BR | 1:20 |
| | | {4 x 25 on :35 Fast Hands--2k 1pull Drill | EN1 | D | BR | 1:10 |
| | | {2 x 50 on :50 Perfect Breast | EN1 | S | BR | 0:50 |
| 800 | 6:37 AM | 8 x 100 on 1:20 white | EN2 | S | FR | 0:40 |
| 600 | 6:49 AM | 6 x 100 on 1:20 pink | EN2 | S | FR | 0:40 |
| 400 | 6:58 AM | 4 x 100 on 1:30 red | EN2 | S | FR | 0:45 |
| 200 | 7:05 AM | 2 x 100 on 2:00 all out Blue | EN3 | S | FR | 1:00 |
| 1,200 | 7:10 AM | 1x{2 x 150 on 2:10 kick w fins mid 50 back | EN1 | K | FIN | 0:43 |
| | | {4 x 150 on 2:00 kickw fins mid 50 on bk | EN2 | K | FIN | 0:40 |
| | | {2 x 150 on 1:50 fins--ALL OUT | EN3 | K | FIN | 0:37 |
| 1,000 | 7:27 AM | 5 x 200 on 2:30 pull Steady B-3 Technique | EN2 | P | PAD | 0:38 |
| 200 | 7:41 AM | 1 x 200 on 3:00 Free | | | | 0:45 |
| | 7:44 AM | 6,200 Yards - Stress Value = 119 | | | | |