

Workout #5583 - Wednesday, 09 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
600	6:00 AM	8 x 75 on 1:10 4uw 5uw 6uw kicks per wall	EN1	D	FR	0:47
600	6:11 AM	6 x 100 on 2:00 see notes 25breast drill 25breast swim 25breast kick 25 breast sw	EN1	S	FRM	1:00
300	6:24 AM	6 x 50 on :45 Free	EN2	S	FR	0:45
300	6:30 AM	6 x 50 on :40 Free	EN2	S	FR	0:40
300	6:35 AM	6 x 50 on :35 Free	EN2	S	FR	0:35
4,000	6:40 AM	1x{8 x 100 on 1:30 1white 2pink 1red {6 x 200 on 2:40 1white 1 pink 1 red {4 x 300 on 3:45 1white 2pink 1 red {2 x 400 on 4:40 1ez 1 all out	EN2	S	FR	0:45
800	7:34 AM	8 x 100 on 1:30 kick with fins steady sub 120	EN1	K	FIN	0:45
200	7:47 AM	1 x 200 on 3:00 Free				0:45
	7:50 AM	7,100 Yards - Stress Value = 118				

Mustangs

1x400 7:00Free

6x75 1:40

1st 25 4uw kicks

2nd 25 5uw kicks

3rd 25 6 uw kicks

10x50 1:10

#1 25 2k 1pull breast 25 swim breast

#2 25 Kick breast with a Streamline 25 swim breast

Main Set

6x100 1:40 White

3x200 3:00 Pink

2x300 4:00 Red

Kick 8x100 1:40 with Fins 1ez 1fast

200ez warm down