

Workout #5628 - Wednesday, 13 January 2021

Generic

1 minute rest between sets

Yards	Time	Set	Description	EGY	WORK	STK	PACE	
1,000	5:15 AM	1 x	1000 on 16:00 100fr 25kbr 50dr br 25s br	EN1	D	BR	0:48	
1,200	5:32 AM	4 x	300 on 4:15 kick with fins mid 100 on back	EN1	K	FIN	0:42	
800	5:50 AM	8 x	100 on 1:10 3ez 1gt 1650	EN3	S	FR	0:35	
800	6:01 AM	8 x	100 on 1:20 1ez 2gt 1650	EN3	S	FR	0:40	
800	6:13 AM	8 x	100 on 1:30 1ez 3gt 1650	EN3	S	FR	0:45	
400	6:26 AM	4 x	100 on 1:40 All GT 1650	EN3	S	FR	0:50	
200	6:34 AM	1 x	200 on 3:00 Free				0:45	
	6:37 AM	5,200 Yards - Stress Value = 190						