

**Workout #5573 - Wednesday, 02 December 2020**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,500	6:00 AM	1x{1 x 300 on 4:30 Free	EN1	S	FR	0:45
		{1 x 300 on 4:30 50free 50fly	EN1	S	FRM	0:45
		{1 x 300 on 4:30 50free 50back	EN1	S	FRM	0:45
		{1 x 300 on 4:30 50free 50breast	EN1	S	FRM	0:45
		{1 x 300 on 4:30 Free desc x 100	EN1	S	FR	0:45
600	6:24 AM	12 x 50 on 1:00 lbk-br lbr lbr-fr	EN1	D	BR	1:00
		Work those transition turns--CROSSOVER!!!!				
	6:37 AM	1 on 1:00				
1,800	6:38 AM	1x{6 x 100 on 1:10 Best Average	EN3	S	FR	0:35
		{1 on 1:00 rest change equip	REC			
		{6 x 100 on 1:20 Fins--Faster	EN3	S	FR	0:40
		{1 on 1:00 rest change equip	REC			
		{6 x 100 on 1:50 Free Fins/Paddles Faster	EN3	S	FR	0:55
	7:07 AM	1 on 1:00				
600	7:08 AM	6x{1 x 50 on 1:00 desc	EN1	K	FRM	1:00
		{1 x 25 on :45 UW dolphin Sprint	EN2	K	FLY	1:30
		{1 x 25 on :20 kick all out	EN2	K	FRM	0:40
		1-2 rounds free 3-4 rounds stroke				
1,200	7:22 AM	4x{3 x 50 on :45 pull b-5	EN2	P	PAD	0:45
		{3 x 50 on :35 b-3	EN2	P	PAD	0:35
300	7:39 AM	1 x 300 on 5:00 Free				0:50
	7:44 AM	6,000 Yards - Stress Value = 162				

Mustangs

Go 300s on 5:30

Go 12x50s on 1:20

6x100 on 1:30 Best Average

6x100 on 1:40 Faster Fins

6x100 on 1:50 Faster Fins/Paddles

Do the kick set as is--challenge to make it on :20

then 300 warm down