

Workout #5594 - Wednesday, 16 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE	
1,000	8:00 AM	1 x 1000 on 15:00 100fr 100back	EN1	S	FRM	0:45	
1,200	8:16 AM	8 x 150 on 2:45 50k 50d 50swim breast	EN2	S	BR	0:55	
1,500	8:39 AM	30 x 50 on :45 3kick 2swim	EN1	K	CHO	0:45	
2,000	9:03 AM	4x{2 x 125 on 1:35 Free	EN2	S	FR	0:38	
		{2 x 125 on 1:25 Free	EN2	S	FR	0:34	
	9:28 AM	1 on 1:00					
1,000	9:29 AM	2x{1 x 200 on 2:30 pull	EN2	P	PAD	0:38	
		{1 x 150 on 2:00 pull	EN2	P	PAD	0:40	
		{1 x 100 on 1:25 pull	EN2	P	PAD	0:42	
		{1 x 50 on :45 pull	EN2	P	PAD	0:45	
300	9:44 AM	1 x 300 on 5:00 Free	EN1	S	FR	0:50	
	9:49 AM	7,000 Yards - Stress Value = 112					