

Workout #5655 - Wednesday, 27 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
900	5:45 PM	1x{1 x 225 on 3:00 Free	EN1	S	FR	0:40
		{1 x 225 on 3:00 25Stroke 25 free	EN2	S	FRM	0:40
		{1 x 225 on 3:00 Pull B 3-5 x 25	EN2	P	PAD	0:40
		{1 x 225 on 4:00 25kick 25 free	EN1	K	FR	0:53
900	5:59 PM	12 x 75 on 1:30 3k-1p 2k-1p 1k-1p	EN1	D	BR	1:00
2,200	6:18 PM	2x{1 x 200 on 2:40 white	EN2	S	FR	0:40
		{1 x 200 on 2:40 100white 100pink	EN2	S	FR	0:40
		{1 x 200 on 2:40 200pink	EN2	S	FR	0:40
		{1 x 200 on 2:40 100pink 100red	EN2	S	FR	0:40
		{1 x 200 on 2:40 red	EN2	S	FR	0:40
		{1 x 100 on 2:20 SPRINT	SP2	S	FR	1:10
	6:51 PM	1 on 1:00				
1,000	6:52 PM	2x{1 x 50 on :40 kick on back	EN2	K	FIN	0:40
		{1 x 100 on 1:20 kick on board	EN2	K	FIN	0:40
		{1 x 150 on 2:00 kick on back	EN2	K	BK	0:40
		{1 x 200 on 2:40 kick on board	EN2	K	FIN	0:40
1,200	7:07 PM	24 x 50 on :40 3-45 3-35 B-3 on 45 b-5 on 35	EN2	P	PAD	0:40
500	7:24 PM	2x{3 x 50 on :40 GT 500	EN3	S	FR	0:40
		{2 x 50 on :45 ez	REC	S	FR	0:45
300	7:32 PM	1 x 300 on 5:00 Free				0:50
	7:37 PM	7,000 Yards - Stress Value = 143				