

**Workout #5674 - Wednesday, 10 February 2021**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
900	5:45 PM	4 x 225 on 3:20 Mid 75 IM	EN1	D	FRM	0:44
2,400	6:00 PM	3x{2 x 150 on 2:00 1white 1pink	EN2	S	FR	0:40
		{3 x 100 on 1:50 kick desc 1-3	EN1	K	FR	0:55
		{2 x 100 on 1:30 GT 1000/1650	EN2	S	FR	0:45
	6:39 PM	1 on 1:00				
1,200	6:40 PM	3x{2 x 50 on :50 EZ	EN1	S	FR	0:50
		{4 x 50 on :40 GT 500	EN2	S	FR	0:40
		{2 x 50 on :50 EZ	EN1	S	FR	0:50
	6:59 PM	1 on 1:00				
1,050	7:00 PM	3x{1 x 25 on :30 SPRINT Dive	SP3	S	STK	1:00
		{4 x 50 on 1:00 2-GT +2, 1--1 1-GT	SP2	S	STK	1:00
		{1 x 25 on :30 FINISH ALL OUT	SP3	S	STK	1:00
		{1 x 100 on 2:00 Free	REC	S	FR	1:00
800	7:22 PM	8 x 100 on 1:30 2-110 2-120 2-130 2-140	EN1	P	PAD	0:45
	7:34 PM	6,350 Yards - Stress Value = 140				