

Workout #5681 - Wednesday, 17 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
300	5:45 PM	1 x 300 on 4:00 Free	EN1	S	FR	0:40
300	5:50 PM	1 x 300 on 4:30 pull	EN1	P	FR	0:45
300	5:56 PM	1 x 300 on 4:30 im 50d 25s	EN1	D	IM	0:45
300	6:02 PM	1 x 300 on 4:00 50stroke 50free	EN1	S	FRM	0:40
900	6:07 PM	12 x 75 on 1:30 see notes	EN1	D	BR	1:00
		1 lap 3up 3down				
		1lap 2 up 2down				
		last last swim				
3,000	6:26 PM	30 x 100 on 1:20 2white 2pink 1SPRINT	EN2	S	FR	0:40
1,000	7:07 PM	4x{1 x 100 on 1:40 75steady 25 Sprint kick	EN1	K	FRM	0:50
		{1 x 75 on 1:15 50kick 25Sprint	EN1	K	FRM	0:50
		{1 x 50 on :50 25steady 25 sprint	EN1	K	FRM	0:50
		{1 x 25 on :25 Sprint Kick	EN1	K	FRM	0:50
		ALL STROKE				
750	7:25 PM	6 x 125 on 1:35 3-140 3-130	EN2	P	PAD	0:38
150	7:36 PM	1 x 150 on 3:00 Free				1:00
	7:39 PM	7,000 Yards - Stress Value = 106				