

Workout #5653 - Wednesday, 03 February 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	5:45 PM	4 x 200 on 3:00 swim/pull	EN1	S	FR	0:45
900	5:58 PM	2x{1 x 75 on 1:30 kick on back	EN1	K	BR	1:00
		{1 x 75 on 1:30 kick on Front SL	EN1	K	BR	1:00
		{1 x 75 on 1:30 kick hands at sides--timing	EN1	K	BR	1:00
		{1 x 75 on 1:15 3-2-1 pull outs	EN1	D	BR	0:50
		{1 x 75 on 1:15 2p 1kick	EN1	D	BR	0:50
		{1 x 75 on 1:15 swim breast	EN1	S	BR	0:50
	6:16 PM	1 on 1:00				
2,250	6:17 PM	6x{1 x 100 on 1:30 Free	EN1	S	FR	0:45
		{1 x 125 on 1:30 Free	EN2	S	FR	0:36
		{1 x 150 on 1:30 Free	EN3	S	FR	0:30
		150s should be touch and go red/blue effort				
1,200	6:45 PM	12 x 100 on 1:45 see notes	EN1	K	FR	0:52
		odds--Cones to wall and back out SPRINT				
		evens Mid Pool between cones sprint				
200	7:07 PM	1 x 200 on 3:00 Free				0:45
	7:10 PM	5,350 Yards - Stress Value = 107				