

Workout #760 - Friday, 11 January 2008**BLACK****2 minutes rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	=====	===	=====
900	6:30 PM	1x{1 x 400 on 7:00 drill every 3rd	EN1			1:45
		{4 x 125 on 2:05 build last 25	EN2			1:40
5,350	6:48 PM	1x{1 x 750 on 11:30 free	EN1	S	FR	1:32
		{8 x 25 on 1:00 walk around	SP1	S	STK	4:00
		{2 x 450 on 5:50 free	EN1			1:18
		{8 x 25 on 1:00 walk around	SP1	S	STK	4:00
		{4 x 175 on 2:20 free	EN2			1:20
		{1 on :30 Rest- Catch Up				
		{8 x 25 on 1:00 walk arounds	SP1			4:00
		{10 x 100 on 1:10 free	EN3			1:10
		{8 x 25 on 1:00 walk arounds	SP2			4:00
		{20 x 50 on :40 free- work your finishes	EN2			1:20
		{8 x 25 on 1:00 walk arounds	SP2			4:00
100	8:28 PM	1 x 100 on 1:45 Ez	REC			1:45
	8:30 PM	6,350 Yards				