

Workout #5209 - Tuesday, 19 June 2007**BLACK****2 minutes rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====	=====
700	4:00 PM	1x{1 x 300 on 6:00 Reverse IM- drill 1st 25	EN1			2:00
		{4 x 50 on 1:00 Catch-up 25/ fingertip 25	EN1			2:00
		{4 x 50 on 1:00 Stroke- 25 dr/25 swim	EN1			2:00
700	4:16 PM	1x{1 x 300 on 7:00 IM Kick	EN1			2:20
		{8 x 50 on 1:05 Kick- desc 1-4, 5-8	EN2			2:10
700	4:34 PM	1x{1 x 300 on 5:45 Pull- Distance Per Stroke-Long	EN1			1:55
		{8 x 50 on :50 Pull- Desc 1-4,5-8 to hr 17+	EN2			1:40
300	4:49 PM	1x{6 x 50 on 1:05 o- 25dr/25sw e- fast/ez/fast	EN2			2:10
2,100	4:58 PM	1x{16 x 50 on :55 Every 4th Fast	EN2			1:50
		{1 x 50 on 1:00 EZ	EN1			2:00
		{12 x 50 on 1:00 Every 3rd Fast	EN2			2:00
		{1 x 50 on 1:00 EZ	EN1			2:00
		{8 x 50 on 1:05 Every Other Fast	EN3			2:10
		{4 x 50 on 1:10 All OUT FAST	SP1			2:20
800	5:42 PM	1x{1 x 300 on 5:30 With Fins- Work underwater	EN1			1:50
		{4 x 100 on 1:45 Kick on Side- arm up	EN1			1:45
		{2 x 50 on 1:00 Drill Stroke	EN1			2:00
	5:57 PM	5,300 Meters				