

**Workout #6745 - Thursday, 19 January 2012**  
**High Performance Group**  
**2 minutes 30 seconds rest between sets**

Meters	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	=====	=====	=====	=====
1,750	5:00 AM	1x{1 x 400 on 6:40 every 4th lap fast	EN1	S	FRM	1:40
		{4 x 250 on 3:35 2 faster than 1	EN2			1:26
		{1 x 200 on 3:15 Ez/ Fast by 25	EN2	S	FR	1:38
		{6 x 25 on :45 Underwater kick film each other	EN1			3:00
1,050	5:32 AM	1x{4 x 45 on :55 fly- no br last lap!	EN2	S	FLY	2:02
		{4 x 45 on :55 Back - max last wall kick out!!	EN2	S	BK	2:02
		{4 x 45 on :55 Breast - no more than 7 strokes	EN2	S	BR	2:02
		{6 x 45 on 1:05 under/scull/under by 15 m	EN2	S	FR	2:24
		{16 x 15 on :35 No breath sprints free or fly!	EN2	S	FR	3:53
600	6:02 AM	1x{10 x 60 on 1:30 15 under 30 moderate 15 all out	EN2	K	STK	2:30
180	6:20 AM	6 x 30 on :45 ALL OUT FREE	EN3			2:30
	6:25 AM	3,580 Meters				