

Workout #6839 - Thursday, 12 April 2012
High Performance Group
2 minutes rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
=====	=====	=====	===	=====	===	=====
		You have to move more water to move faster!				
2,400	6:00 PM	1x{8 x 100 on 1:40 free 4 float back 4 float breast	EN1	S	FRM	1:40
		{1 x 300 on 5:00 kick / swm x 25	EN1	S	STK	1:40
		{4 x 25 on :35 Underwater kick	EN1			2:20
		{2 x 200 on 3:00 IM-build each 50	EN1	S	IM	1:30
		{ work im exchanges				
		{8 x 100 on 1:30 freedesc1-4,5-8 to FAST	EN2	S	STK	1:30
		****XYZ SET****				
		This is all 100% Quality and EFFORT!!!				
625	6:41 PM	5x{1 x 25 on 1:00 /50/75	EN3			4:00
		{2 x 25 on 2:00 50/75/100/125/150	EN3			8:00
		{1 x 50 on 3:00 75/100/200/300	EN3			6:00
1,400	7:23 PM	2x{8 x 25 on :30 underwaters with fins	EN3	S	FR	2:00
		{1 on :15 fins off				
		{4 x 75 on 1:15 Kick Stroke HR 17	EN2	K	STK	1:40
		{2 x 100 on 1:45 Kick 75 fast 25 moderate	EN3			1:45
		{1 on :15 fins on				
600	7:51 PM	1x{1 x 400 on 5:30 Pull 200 4 br 200 3 br	EN1	P	FR	1:22
		{1 x 200 on 3:00 warm down	REC	S	FR	1:30
	8:00 PM	5,025 Yards				