

Workout #32445 - Friday, 18 April 2025
GOLD - Morning
1 minute rest between sets

Yards	Time	Set	Description	PACE
=====	=====	=====	=====	=====
	5:30 AM	1 on	20:00 exercises & dynamic stretching	
			=====	
200	5:50 AM	1 x 200 on	3:00 Freestyle 838	1:30
			=====	
4,650	5:54 AM	62 x 75 on	1:30 Freestyle	2:00
			1- IM, 1 - Free, 2/2/3/3/4/4/5/5/6/6/7/7	
	7:27 AM		4,850 Yards	