

Workout #32441 - Monday, 14 April 2025**GOLD - Morning****1 minute 30 seconds rest between sets**

Yards	Time	Set Description	PACE
=====	=====	=====	=====
	5:30 AM	1 on 20:00 exercise & stretch	
		=====	
500	5:50 AM	1 x 500 on 10:00 SKPDrS	2:00
400	6:02 AM	8 x 50 on 1:00 Breaststroke	2:00
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400	6:12 AM	16 x 25 on :45 Butterfly kick with fins	3:00
1,600	6:26 AM	1 x 1600 on 25:00 Individual Medley	1:34
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1,800	6:53 AM	2x{4 x 100 on 1:30 Freestyle	1:30
		{4 x 75 on 1:30 Stroke	2:00
		{4 x 50 on 1:00 Freestyle	2:00
	7:25 AM	4,700 Yards	