

Workout #32439 - Thursday, 10 April 2025

GOLD - Morning

1 minute 30 seconds rest between sets

Yards	Time	Set Description	PACE
=====	=====	=====	=====
	5:30 AM	1 on 15:00 Stretching & Crunches	
		=====	
800	5:45 AM	2 x 400 on 6:00 1 Free/ 1 IM Drill	1:30
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400	5:59 AM	8 x 50 on :50 Fly	1:40
2,400	6:08 AM	3 x 800 on 13:00 Free 400 swim/ 400 Pull	1:38
400	6:49 AM	8 x 50 on 1:00 Breast	2:00
1,000	6:59 AM	2 x 500 on 10:00 Kick	2:00
	7:19 AM	5,000 Yards	