

Workout #32444 - Thursday, 17 April 2025

GOLD - Morning

1 minute 30 seconds rest between sets

Yards	Time	Set Description	PACE
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	5:30 AM	1 on 15:00 stretch	

400	5:45 AM	8 x 50 on 1:00 Stroke 25!/25ez, 25ez/25!	2:00
1,400	5:55 AM	2 x 700 on 12:00 Free	1:43
300	6:21 AM	6 x 50 on :55 Back strong	1:50
1,500	6:28 AM	3 x 500 on 8:00 Stk/fr by 50	1:36
200	6:54 AM	4 x 50 on :50 25 fly, 25 fr	1:40
1,200	6:59 AM	4 x 300 on 4:30 100fr, 100 stk, 100 fr	1:30
100	7:19 AM	2 x 50 on 1:00 Strong free	2:00
	7:21 AM	5,100 Yards	