

Workout #32437 - Tuesday, 08 April 2025**GOLD - Morning****1 minute rest between sets**

Yards	Time	Set Description	PACE
=====	=====	=====	=====
	5:30 AM	1 on 20:00 Dryland & Stretch	
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1,000	5:50 AM	1x{4 x 50 on 1:00 Free	2:00
		{4 x 50 on 1:15 Kick no board	2:30
		{4 x 50 on 1:00 25 Stroke / 25 Free	2:00
		{4 x 50 on 1:15 Kick	2:30
		{4 x 50 on 1:00 Freestyle 8/3/8	2:00
		=====	
300	6:13 AM	12 x 25 on :45 Back Drills	3:00
		=====	
1,350	6:23 AM	1x{3 x 225 on 3:30 Stroke	1:33
		{2 x 225 on 3:30 IM	1:33
		{1 x 225 on 3:00 Free	1:20

2,000	6:45 AM	16 x 125 on 1:45 100 free (w/rotating IM STK)	1:24
	7:13 AM	4,650 Yards	