

Workout #32442 - Tuesday, 15 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 25:00 Goals & Stretch	
800	5:55 AM	1 x 800 on 16:00 alt 100 free/ 100 Stroke	2:00

2,200	6:13 AM	2x{3 x 100 on 1:30 Free--Smooth	1:30
		{2 x 200 on 3:00 Back stong	1:30
		{1 x 400 on 6:00 IM	1:30

2,000	6:48 AM	10 x 200 on 3:00 Freestyle	1:30

100	7:20 AM	1 x 100 on 2:00 Swim down	2:00
	7:22 AM	5,100 Yards	