

Workout #32438 - Wednesday, 09 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 30:00 exercises & dynamic stretching	
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900	6:00 AM	12 x 75 on 1:20 Free-Bk-Free or fr-br-fr	1:47

650	6:18 AM	1x{4 x 25 on :45 Back Kick	3:00
		{3 x 100 on 1:40 Back/Breast by 50s Swim	1:40
		{4 x 25 on :45 Breast Kick	3:00
		{3 x 50 on 1:15 Back Swim or Breast swim	2:30

600	6:35 AM	12 x 50 on 1:20 Choice Kick w/board	2:40

1,000	6:53 AM	2 x 500 on 8:00 Freestyle w/snorkle	1:36

	7:09 AM	3,150 Yards	