

Workout #32443 - Wednesday, 16 April 2025**GOLD - Morning****1 minute 30 seconds rest between sets**

Yards	Time	Set Description	PACE
=====	=====	=====	=====
	5:30 AM	1 on 20:00 exercises & stretch	
600	5:50 AM	1 x 600 on 12:00 Freestyle 100 swim/ 100 kick	2:00
200	6:04 AM	8 x 25 on :40 2 x each Stroke	2:40
		=====	
900	6:11 AM	1x{2 x 150 on 3:00 Backstroke	2:00
		{2 x 150 on 3:15 Breaststroke	2:10
		{2 x 150 on 3:00 Butterfly	2:00
		50 swim/ 50kick/ 50 swim	
		=====	
1,600	6:31 AM	1 x 1600 on 24:00 Freestyle snorkle?	1:30
		=====	
1,500	6:57 AM	3x{4 x 75 on 1:30 back/breast/free	2:00
		{8 x 25 on :30 Freestyle	2:00
	7:27 AM	4,800 Yards	