

Workout #505 - Tuesday, 12 April 2016
Senior
2 minutes rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	5:45 AM	1x{1 x 200 on 4:00 FREE B3 {1 x 200 on 4:00 FREE B4 {1 x 200 on 4:00 FREE B5 LONG STROKES {1 x 200 on 4:00 FREE B6	REC EN1 EN1 EN1	S S S S	FR FR FR FR	1:00 1:00 1:00 1:00
600	6:03 AM	1x{3 x 100 on 2:00 IM DRILL {3 x 100 on 2:00 IM	EN1 EN1	D S	IM IM	1:00 1:00
500	6:17 AM	1x{6 x 50 on :50 NO BREATH IN N OUT OF TURN {4 x 50 on :45 FREE	EN1 EN2	S S	FR FR	0:50 0:45
300	6:27 AM	1 x 300 on 5:30 BACK STAY ON TOP OF WATER	EN2	S	BK	0:55
300	6:35 AM	1 x 300 on 6:00 BREAST BUILD BY 100'S	EN2	S	BR	1:00
2,000	6:43 AM	2x{4 x 100 on 1:45 FREE {3 x 100 on 1:40 FREE {2 x 100 on 1:35 FREE {1 x 100 on 1:30 FREE	EN1 EN1 EN2 EN2	S S S S	FR FR FR FR	0:52 0:50 0:48 0:45
	7:17 AM	4,500 Yards - Stress Value = 57				

Energy Levels	Yards	Minutes
Aerobic Base	2,900 64.44%	53.0 65.56%
Anaerobic Threshold	1,400 31.11%	23.8 29.48%
Warm-up/Recovery	200 4.44%	4.0 4.94%

Stroke Categories	Yards	Minutes
Freestyle	3,300 73.33%	57.3 70.92%
IM	600 13.33%	12.0 14.84%
Backstroke	300 6.66%	5.5 6.80%
Breaststroke	300 6.66%	6.0 7.42%

Type of Work	Yards	Minutes
Swim	4,200 93.33%	74.8 92.57%
Drill	300 6.66%	6.0 7.42%