

Workout #29 - Wednesday, 12 November 2008
Generic
1 minute rest between sets

Yards	Time	Set	Description	EGY	WORK	STK	PACE	
	7:30 PM	1 on	5:00 Stretch-rolldown,wfills,bal			DRY		
	7:35 PM	1 on	5:00 8 BPs,16 PU, 2 SU			DRY		
600	7:40 PM	1 x	600 on 10:00 3-2-1 S-K-P			FR	0:50	
100	7:51 PM	1 x	100 on 4:00 sculling - all 4	REC	P	PAD	2:00	
200	7:56 PM	8 x	25 on :45 IM - no board - 15sR	EN1	K	IM	1:30	
200	8:03 PM	8 x	25 on :40 IM, no board - 4X12sR, 4X10sR	EN1	K	IM	1:20	
	8:10 PM	1 on	12:00 Flipturns			D STK		
450	8:22 PM	9 x	50 on :55 2 FR, 1 STR, 15sR	EN1	S		0:55	
50	8:32 PM	1 x	50 on 1:15 EZ A.C.	REC		STK	1:15	
450	8:35 PM	6 x	75 on 1:40 2 FR, 1 STR, 20sR	EN1	S		1:07	
50	8:46 PM	1 x	50 on 1:15 EZ	REC	S		1:15	
300	8:49 PM	3 x	100 on 2:00 3 FR, 1 STR, 20 sR	EN1	S		1:00	
	8:55 PM	1 on	3:00 10 PU, 1 SU			L DRY		
	8:58 PM	2,400 Yards - Stress Value = 15						