

**Workout #7734 - Friday, 06 February 2009**  
**Morning & Evening Swim**  
**2 minutes rest between sets**

Yards	Time	Set Description	PACE
500	5:45 AM	1 x 500 on 10:00 Free	2:00
4,000	5:57 AM	1x{1 x 400 on 8:00 100 K, 200 Dr, 100 Sw	2:00
		{2 x 400 on 7:00 100 IM, 100 Dr, 200 Neg Split	1:45
		{3 x 400 on 6:00 Pull Desc br ea 5	1:30
		{4 x 400 on 5:40 Free hard (Broken 1600)	1:25
	7:00 AM	4,500 Yards - Stress Value = 96	