

Workouts Written By Jon Urbanchek

May 28, 2001 AM

Distance Group

DATE	May 28th AM		TEAM	U of Mich	GROUP	Dist	
Rep	Dist	Int	DESCRIPTION	En Cat	S/K or P	Set Total	
1	X1800	on	600 fr/600 150 IM's 600 (by 100) pause/catch up speedplay		S	MIX	1800
-							
4	X100	on 1:40	50 ea fl/bk		S	MIX	400
4	X100	on 1:40	50 ea br/fr		S	MIX	400
-							
4	X200	on 3:00	fin k/s 100/100 sm/6 beat		K/S	MIX	800
4	X150	on 2:00	fin k/s 50/100 sm/6 beat		K/S	MIX	600
4	X100	on 1:30	fin k/s 50/50 sm/6 beat		K/S	MIX	400
-							
8	X100	on 1:20	Hypoxic 3/5 50's		P	FR	800
4	X200	on 2:45	Hypoxic 3/5 100's		P	FR	800
2	X800	on 9:30	Neg/split 400's		P	FR	1600
-							
8	X50	on :50	casual recovery		S	FR	400
WORKOUT TOTAL							8000

Mid Distance - 1

DATEMay 28th AM			TEAM	U of Mich	GROUPfr/bk		
Rep	Dist	Int	DESCRIPTION	En Cat	S/K or P	Stk	Set Total
1	X1600	on	600fr/400im/300fr/200ch/100fr		S	MIX	1600
12	X50	on1:00	one build to fast one by 3rds f/ez/fast		S	MIX	600
3	X200	on3:30	fin's		K	MIX	600
6	X100	on2:00	#1 stroke best ave		K	MIX	600
2	X300	on4:00/4:20	Hypoxic 3/5/7 100's Tech		P	MIX	600
8	X100	on1:20/1:30			P	STK	800
4	X200	on2:40/3:00			P	STK	800

Jon Urbanchek Workouts

Emilie Sanchez

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the name Emilie Sanchez.

Jon Urbanchek Workouts:

The Enigmatic Realm of **Jon Urbanchek Workouts**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing short of extraordinary. Within the captivating pages of **Jon Urbanchek Workouts** a literary masterpiece penned by way of a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

https://staging.conocer.cide.edu/results/detail/HomePages/Eden_Graphics_Poetry.pdf

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