

# 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	Stk	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

**L Darling-Hammond**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the L Darling-Hammond text.

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