

**Workout #5635 - Friday, 15 January 2021**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	5:15 AM	2 x 200 on 3:30 1free 2kick	EN1	S	FR	0:52
400	5:23 AM	2 x 200 on 3:00 1Perfect Free 1IM Drill	EN1	D	IM	0:45
400	5:30 AM	2 x 200 on 3:30 1pull 1 kick stronger	EN1	P	FR	0:52
2,400	5:38 AM	2x{3 x 150 on 1:50 Low Stroke Count Desc 1-3	EN2	S	FR	0:37
		{3 x 50 on :40 Strong	EN2	S	FR	0:40
		{3 x 125 on 1:40 Low Stroke Count desc 1-3	EN2	S	FR	0:40
		{3 x 75 on 1:00 Strong	EN2	S	FR	0:40
	6:10 AM	1 on 1:00				
1,200	6:11 AM	4x{1 x 200 on 4:00 steady kick	EN1	K	CHO	1:00
		{2 x 50 on :40 All Out Kick	EN2	K	CHO	0:40
200	6:34 AM	1 x 200 on 3:00 Free				0:45
	6:37 AM	5,000 Yards - Stress Value = 76				

Ponies

Warm up

300- 100 swim/100 kick/100 swim

4 x 50 Drill/Swim @ :10 seconds

IM order (one of each stroke)

Pre-set

16 x 25s @ :5 seconds rest

4 swim/ 4 kick/ 4 swim/ 4 kick

Your choice of swim and kick

Main set

4 x 100 IM @ :10 seconds rest

50 All out Free @ :15 seconds rest

3 x 100 IM @ :10 seconds rest

100 all out free @ :20 seconds rest

2 x 100 IM 3 underwater kicks off every wall @ :20 seconds rest

150 all out free @ :25 seconds rest

50 easy swim

1 minute rest

100 IM FAST

50 Warm Down

Mustangs

Warm Up:

2 x 200 Fr 4 UH2Os off every wall on 2:50 / 3:20

2 x 150 Pull Breathing every 3 on 2:20 / 2:40

2 x 100 Kick on 2:00 / 2:10

Aerobic Set:

8 x 100 Fr on 1:25 / 1:40

--> 4 White, 3 Pink, 1 Red

Main Set:

1 x { 8 x 50 Fr on :50

{ 1 x 50 Easy on 1:00

{ 6 x 50 Fr on :45

{ 1 x 50 Easy on

{ 4 x 50 Fr on :40

{ 1 x 50 Easy on 1:00

{ 2 x 50 Fr on :35

{ 1 x 50 Easy on 1:00

Pull Set:

2 x { 3 x 100 Pull on 1:40 / 1:50  
{ --> 50 with a catch up, 50 regular pull driving with hip  
{ 3 x 50 Pull Desc #1-3 on 1:00 / 1:00

Kick Set:

with fins:

1 x { 8 x 25 15 yards UH2O sprint, 10 yards easy on :30  
{ 3 x 200 Kick on 3:00 / 3:15