

**Workout #5587 - Friday, 11 December 2020**  
**Generic**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
450	6:00 AM	1 x 450 on 6:00 Free	EN1	S	FR	0:40
450	6:07 AM	1x{3 x 50 on :50 free/stroke	EN1	S	FRM	0:50
		{3 x 50 on :45 free/stroke	EN2	S	FRM	0:45
		{3 x 50 on :40 free/stroke	EN2	S	FRM	0:40
	6:15 AM	1 on 1:00				
1,200	6:16 AM	1x{1 x 100 on 1:40 drill/swim	EN1	D	CHO	0:50
		{6 x 50 on 1:00 4kick 2swim	EN2	K	CHO	1:00
		{1 x 100 on 1:40 drill/swim	EN1	D	CHO	0:50
		{6 x 50 on 1:00 3kick 3 swim	EN2	K	CHO	1:00
		{1 x 100 on 1:40 drill/swim	EN1	D	CHO	0:50
		{6 x 50 on 1:00 2kick 4 swim	EN2	S	CHO	1:00
		swims are GT 200+2				
1,000	6:40 AM	1 x 1000 on 15:00 kick w fins evey 3rd lap sprint	EN2	K	FIN	0:45
1,500	6:56 AM	2x{3 x 100 on 1:20 2pink 1 red	EN2	S	FR	0:40
		{6 x 25 on :40 SPRINT to a Turn GT 100	SP3	S	FR	1:20
		{2 x 150 on 2:15 50Shark Fin 50Sw 50Zipper	EN1	D	FR	0:45
1,000	7:22 AM	8 x 125 on 1:35 b 3-5-7-5-3 x 25	EN2	P	PAD	0:38
400	7:36 AM	1 x 400 on 6:00 Free	REC	S	FR	0:45
	7:42 AM	6,000 Yards - Stress Value = 103				

Ponies

Warm up

10 minutes swim

5 minute Kick

Pre-set

8 x 50s @ : 10 seconds

Drill/Swim

2 of each stroke IM order

Main set

10 x 100 @:10 seconds rest

Odds IM

Evens Free

Kick set

400 Choice Kick with fins

50 Warm Down

Mustangs

Warm-Up:

1 x 300 Free on 4:10 / 5:00

6 x 100 Desc from White pace #1-3, #4-6 on 1:30 / 1:30

3 x 100 Kick Desc #1-3 on 2:00 / 2:00

Total: 1200yds Time: 20:00

Main Set:

1 x { 4 x 50 Free on :40 / :45

{ 1 x 200 Easy on 4:00 / 4:00

{ 4 x 75 Free on 1:00 / 1:20

{ 1 x 200 Easy on 4:00 / 4:00

{ 4 x 100 Free on 1:20 / 1:30

{ 1 x 200 Easy on 4:00 / 4:00

{ 4 x 125 Free on 1:40 / 1:50

Total: 2000yds Time: 21:00

Kick Set: \*\*with fins\*\*

2 x { 1 x 200 Kick steady on 3:15  
      { 3 x 100 Kick on 1:30  
      { 3 x 100 Kick on 1:25

Total: 1600yds Time: 22:00

Pull Set:

1 x { 1 x 500 Pull with a catch up on :30 rest  
      { --> work on using the hip snap to drive the stroke, feel for the acceleration  
in pulls  
      { 3 x 100 Pull Breathing every 3 on :15 rest  
      { --> still focusing on accelerating with the pull and hip snap  
Total: 800yds Time: N/A