

Workout #5624 - Friday, 08 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,100	6:00 AM	4x{1 x 200 on 3:00 Free {1 x 75 on 1:15 25k 25d 25s 1 round each stroke	EN1	S	FR	0:45
			EN1	D	IM	0:50
800	6:18 AM	8 x 100 on 3:00 See Notes Dive 15m Sprint---STOP AND REST 25M Sprint Turn---STOP AND REST 10M Sprint Finish--STOP AND REST 50 EZ	SP2	S	CHO	1:30
400	6:43 AM	8 x 50 on :50 desc 1-4 Subtract 1 stroke each	EN2	S	FR	0:50
400	6:51 AM	8 x 50 on :50 Desc 1-4 Same w/Padd	EN2	S	FR	0:50
400	6:59 AM	8 x 50 on :50 Desc 1-4 Fins/Padd Same	EN2	S	FR	0:50
1,800	7:07 AM	3x{1 x 200 on 4:00 ALL OUT {2 x 100 on 2:00 50ez 25build 25SPRINT NB {4 x 25 on :30 SPRINT GT 100-1 {1 x 100 on 2:00 Free	EN3	S	FR	1:00
			EN2	S	FR	1:00
			SP3	S	FR	1:00
			REC	S	FR	1:00
	7:43 AM	4,900 Yards - Stress Value = 175				

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:

1 x 400 Free on 5:40

1 x 200 Kick on 4:00

Main Set:

4 x { 1 x 200 White pace on 2:50 / 3:00 / 3:15

{ 6 x 50 Fr try to go 1 sec faster for each on 1:00 / 1:00

Kick Set:

with fins:

4 x 100 Kick on 1:40 / 1:45

--> #1: 75 Easy / 25 Fast

--> #2: 50 Easy / 50 Fast

--> #3: 75 Easy / 25 Fast

--> #4: All Fast

