

**Workout #5578 - Friday, 04 December 2020**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,200	6:00 AM	4x{1 x 225 on 3:00 Free {1 x 75 on 1:30 25kick 25drill 25swim IMO	EN1	S	FR	0:40
1,200	6:19 AM	12 x 100 on 1:30 3white 6pink 3red	EN2	S	FR	0:45
1,500	6:38 AM	4x{1 x 75 on 1:30 50Hard 25 EZ {1 x 75 on 1:30 25hard-25ez-25hard {1 x 75 on 1:30 25ez 50hard {1 x 100 on 1:30 ALL HARD {1 x 50 on 1:30 ez swim	EN1	K	FRM	1:00
		rounds 1-2 free rounds 3-4 stroke				
900	7:09 AM	4x{1 x 25 on :30 last 10M NB Sprint {1 x 50 on 1:00 Free {1 x 25 on :30 first 15m Sprint NB {1 x 50 on 1:00 Free {1 x 25 on :30 ALL Sprint NB {1 x 50 on 1:00 Free	SP3	S	CHO	1:00
			REC	S	FR	1:00
			SP3	S	CHO	1:00
			REC	S	FR	1:00
			SP3	S	CHO	1:00
			REC	S	FR	1:00
900	7:28 AM	6 x 150 on 2:10 B 7-5-3 x 50	EN1	P	PAD	0:43
300	7:42 AM	1 x 300 on 6:00 Free				1:00
	7:48 AM	6,000 Yards - Stress Value = 74				

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 do 200s instead of 225

do the 75s as written

12x100s go on 1:40

Do the kick set as written

Do the sprint set with 25s on :40 and 50s on 1:00