

Workout #5609 - Monday, 28 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
500	4:00 PM	1 x 500 on 7:00 Free	EN1	S	FR	0:42
300	4:08 PM	1 x 300 on 4:30 pull b-3-5-7- x 100	EN2	P	PAD	0:45
200	4:14 PM	1 x 200 on 4:00 kick	EN1	K	IM	1:00
800	4:19 PM	8x{1 x 50 on 1:15 20M Sprint 30m ez {1 x 50 on 1:15 Last 20M Sprint Finish	SP3	S	CHO	1:15
1,200	4:40 PM	24 x 50 on :40 pull 4-45 4-35	EN2	P	PAD	0:40
2,400	4:57 PM	1x{6 x 200 on 2:30 white {4 x 200 on 2:20 pink {2 x 200 on 2:10 #2 as close at GT 200+10 AP	EN2	S	FR	0:38
400	5:27 PM	4 x 100 on 1:40 fins on back	EN1	K	BK	0:50
400	5:35 PM	4 x 100 on 1:30 fins on board	EN1	K	FR	0:45
400	5:42 PM	4 x 100 on 1:30 on back	EN1	K	FIN	0:45
400	5:49 PM	4 x 100 on 1:20 kick on board	EN2	K	FIN	0:40
200	5:56 PM	1 x 200 on 3:00 Free				0:45
	5:59 PM	7,200 Yards - Stress Value = 153				

Colts

Warm up
 100 Free
 4 x 25 Butterfly Kick with Board
 50 Free
 4 x 25 Butterfly Kick Streamline on back

Pre-set

12 x 25 Butterfly Drill
 1-4: Butterfly wiggle (arms at side, eyes look at the bottom of the pool)
 5-8: Right arm only
 9-12: Left arm only

Main set

150 Free
 4 x 50s
 1st 25 Fly/ 2nd 25 Free
 Repeat

50 Warm Down

Ponies

Warm up
 300 Free- 3 underwater dolphin kicks off every wall
 4 x 50 Free kick with board @ :10 seconds rest

Pre-set

6 x 75 Backstroke Drill @ :15 seconds rest
 1st 25: Streamline backstroke kick
 2nd 25: 6 kicks, 3 strokes Drill
 3rd 25: Backstroke swim

Main set

4x 150 IM (no 50 free) @ :15 seconds
 4 x 50 @ :10 seconds rest
 Odds Back/ Evens Free
 Kick hard on all 50s
 Repeat

Pull set

4 x 100 pull @ :15 seconds rest- Breath every 3
50 Warm Down