

Workout #5603 - Monday, 21 December 2020
Generic
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,200	4:00 PM	1x{1 x 300 on 4:30 Free {1 x 300 on 4:30 back {1 x 300 on 4:30 Free {1 x 300 on 4:30 breast	EN1	S	FR	0:45
	4:19 PM	1 on 1:00				
1,125	4:20 PM	3x{1 x 75 on 1:15 50k 25drill fly {1 x 75 on 1:15 25k 50Drill Fly {1 x 75 on 1:15 50drill 25 swim fly {1 x 75 on 1:15 25 drill 50swim fly {1 x 75 on 1:15 swim fly DPS GT 200 +5	EN1	K	FLY	0:50
			EN1	D	FLY	0:50
			EN1	D	FLY	0:50
			EN2	S	FLY	0:50
1,200	4:40 PM	12 x 100 on 2:00 kick see notes	EN1	K	FR	1:00
		1-4 HR 23-25 5-8 HR 25-27 9-12 HR 17-29 for 10sec				
2,100	5:05 PM	4x{3 x 75 on 1:05 IM {3 x 100 on 1:05 FREE	EN2	S	IM	0:43
		1 round fly 1round back 1 round breast 1round free	EN3	S	FR	0:32
1,200	5:32 PM	4 x 300 on 3:45 pull b-3 JMI	EN2	P	PAD	0:38
200	5:48 PM	1 x 200 on 3:00 Free				0:45
	5:51 PM	7,025 Yards - Stress Value = 158				

Ponies

Warm up

200 Free
 200 Pull breathing every 3
 4 x 50 Fly Kick @ :10 seconds rest
 Your choice with board or on back

Pre-set

12 x 25 Butterfly Drill @ :5 seconds rest
 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

3 x 200 Free @ :20 seconds rest
 1st 100 Swim 2nd 100 Swim with over kick
 3 underwater dolphin kicks off every wall
 4 x 50 @ :10 seconds rest
 Odds Fly/ Evens free
 Repeat

Kick Set-

4 x 100 Kick @ 1:45 with Fins

50 Warm Down

Mustangs

Warm Up:

1 x 500 w/fins 6 UH2Os off walls
 Total: 500yds Time: 7:00

Drill Set:

Fly w/fins:

3 x { 4 x 25 Body dolphins on :40
 { 2 x 75 50 drill / 25 swim on 1:20 / 1:40
 { 1 x 100 Fly swim DPS on 1:45 / 1:50

Main Set:

2 x { 1 x 500 White pace on 7:00 / 8:00
 { 1 x 100 Fr on 2:00 / 2:00
 { 2 x 250 Pink Pace on 3:30 / 4:00
 { 1 x 100 Fr on 2:00 / 2:00
 { 4 x 125 Red pace on 1:45 / 2:00
 { 1 x 100 Fr on 2:00 / 2:00

Warm down:

3 x 150 Pull on 2:45 / 3:00
--> #1: B-3
--> #2-3: Semi-catch up / Distance per stroke