

Workout #5581 - Monday, 07 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 1stroke NB into turns	EN1	S	FR	0:42
500	4:08 PM	1 x 500 on 7:00 Fast Feet Drill	EN1	D	FR	0:42
500	4:16 PM	1 x 500 on 7:00 Open Turns	EN1	D	FR	0:42
500	4:24 PM	1 x 500 on 7:00 4UW kicks 2 sprint strokes	EN1	D	FR	0:42
500	4:32 PM	5 x 100 on 1:40 Perfect Turn 4uw 1 stroke	EN1	S	FR	0:50
500	4:42 PM	1 x 500 on 10:00 kick 100board/100back	EN1	K	FR	1:00
3,300	4:53 PM	1x{1 x 400 on 4:40 Free NS white/Pink	EN2	S	FR	0:35
		{2 x 200 on 2:30 pink	EN2	S	FR	0:38
		{6 x 50 on :55 1-100 1-55 1-50 kick	EN1	K	FR	0:55
		{1 x 400 on 4:40 Free NS white/pink	EN2	S	FR	0:35
		{4 x 100 on 1:15 pink	EN2	S	FR	0:38
		{6 x 50 on :55 1-100 1-55 1-50	EN1	K	FR	0:55
		{1 x 400 on 4:40 free NS white/pink	EN2	S	FR	0:35
		{8 x 50 on :40 4ez 4 gt 500	EN2	S	FR	0:40
		{6 x 50 on :55 kick 1-100 1-55 1-50	EN1	K	FR	0:55
900	5:40 PM	6 x 150 on 2:00 B 3-5-7 x 50 Perfect Technique	EN2	P	PAD	0:40
200	5:53 PM	1 x 200 on 3:00 Free				0:45
	5:56 PM	7,400 Yards - Stress Value = 105				

Colts

Warm up

100 Free

4 x 25 Butterfly Kick with Board

100 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

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

2 x 300 Free @ :20 seconds rest

1st 150 Swim 2nd 150 Swim with over kick

3 underwater dolphin kicks off every wall
4 x 50 @ :20 seconds rest
Odds Fly/ Evens free
Repeat

Kick Set-
8 x 50 Kick @ 55 with Fins
50 Warm Down

Mustangs
1st intervals are for lanes 1-8, 2nd intervals are for lanes 9-12

Warm-Up:
2 x { 1 x 300 Free with 4 underwaters off every wall on 4:00 / 4:15
 { 2 x 100 Kick Free on 2:00 / 2:00
 { 1 x 200 Pull B-3 on 3:10 / 3:30
Total: 1400 Time 22:20

Aerobic Set: **will need pace charts**
9 x 150 Free on 2:10 / 2:30
--> 3 White
--> 3 Pink
--> 3 Red
Total: 1350 Time: 20:00

Main Set:
2 x { 1 x 300 Free Last 75 Fast on 4:00 / 4:15
 { 2 x 100 1-Easy, 1-Fast on 1:30 / 1:30
 { 1 x 200 Free last 75 Fast on 3:00 / 3:15
 { 2 x 100 1-Easy, 1-Fast on 1:30 / 1:30
 { 1 x 100 Free Last 75 Fast on 1:30 / 1:30
 { 1 x 50 Easy on 1:30
Total: 2100yds Time: 32:00

Pull Set:
6 x 100 Pull on 1:40 / 1:50
--> Work on connecting pull to hip snap
--> Want to feel the connection between arm and hips, using hips to drive the stroke
Total: 600 Time: 10:00