

Workout #5629 - Monday, 11 January 2021
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	EN1	P	PAD	0:45
200	4:14 PM	1 x 200 on 4:00 kick	EN1	K	CHO	1:00
600	4:19 PM	12 x 50 on :50 desc in 2s	EN1	S	FR	0:50
3,600	4:30 PM	1x{1 x 800 on 9:30 Free	EN2	S	FR	0:36
		{6 x 100 on 1:10 Free	EN2	S	FR	0:35
		{1 x 800 on 9:30 Free	EN2	S	FR	0:36
		{4 x 100 on 1:20 faster	EN2	S	FR	0:40
		{1 x 800 on 9:30 Free	EN2	S	FR	0:36
		{2 x 100 on 1:30 all out	EN3	S	FR	0:45
	5:15 PM	1 on 1:00				
1,400	5:16 PM	2x{3 x 100 on 1:40 kick	EN1	K	FR	0:50
		{2 x 100 on 1:30 kick	EN2	K	FR	0:45
		{1 x 100 on 1:20 kick all out	EN2	K	FR	0:40
		{1 x 100 on 2:00 ez swim free	REC	S	FR	1:00
400	5:40 PM	8 x 50 on 1:00 lfr lback	EN1	S	FR	1:00
	5:48 PM	7,000 Yards - Stress Value = 118				

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

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

Mustangs

Warm Up:

6 x 100 on 1:30 / 1:45
--> Add 1 UH2O off every wall starting with 3
1 x 200 Kick on 4:00 / 4:10

Main Set:

2 x { 2 x 400 White Pace on 5:30 / 6:00 / 6:30
 { 1 x 200 Pink Pace on 2:50 / 3:00 / 3:30

Pull Set:

With Pads:

1 x { 3 x 50 Pull with a catch up on 1:00 / 1:00
 { 3 x 100 Pull Count strokes x 25 (keep number as low as possible on 1:30 / 1:45
 { 1 x 200 Pull Breathing every 3/5/3/5 by 50 on 3:30 / 4:00