

Workout #5590 - Monday, 14 December 2020
Generic
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,200	6:30 PM	4 x 300 on 4:30 100Free 50switch im	EN1	S	FRM	0:45
3,600	6:49 PM	2x{3 x 100 on 1:10 Free White	EN2	S	FR	0:35
		{3 x 100 on 1:50 kick steady	EN1	K	FR	0:55
		{3 x 100 on 1:20 Pink	EN2	S	FR	0:40
		{3 x 100 on 1:40 kick--Descend 1-3	EN1	K	FR	0:50
		{3 x 100 on 1:30 Red	EN2	S	FR	0:45
		{3 x 100 on 1:30 kick--HARD	EN2	K	FR	0:45
		round 1 kicks are free round 2 kicks are stroke				
1,000	7:44 PM	8 x 125 on 1:35 pull 4-140 4-130	EN2	P	PAD	0:38
800	7:58 PM	1x{4 x 50 on :50 500Pace to a flip	EN3	S	FR	0:50
		{4 x 50 on :45 EZ	EN1	S	FR	0:45
		{3 x 50 on :50 500Pace	EN3	S	FR	0:50
		{3 x 50 on :50 ez free	EN2	S	FR	0:50
		{2 x 50 on :50 ALL OUT	EN3	S	FR	0:50
400	8:12 PM	1 x 400 on 7:00 Free				0:52
	8:19 PM	7,000 Yards - Stress Value = 124				

Colts

Warm up
 100 Free
 4 x 25 Butterfly Kick with Board
 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

200Free
 4 x 50s
 1st 25 Fly/ 2nd 25 Free
 Repeat

50 Warm Down

Ponies

Warm up
 300 Free
 200 Pull breathing every 3
 8 x25 Fly Kick @ :10 seconds rest
 2 on a board 2 on your back

Pre-set

12 x 25 Butterfly Drill @ :10 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

6 x 100 Free @ :20 seconds rest
 3 underwater dolphin kicks off every wall
 4 x 50 @ :10 seconds rest
 Odds Fly/ Evens free
 Repeat

Kick Set-

8 x 50 Kick @ 1:30 1Free 1Fly

50 Warm Down

Mustangs

Warm Up:

1 x { 1 x 300 Free on :30 rest
 { 1 x 300 Middle 100 Stroke on :30 rest
 { 1 x 300 Middle 100 Kick on :30 rest
1 x 200 Pull Breathing every 3/5 by 100 on 3:30
Total: 1100yds Time: 15:00

Drill Set:

3 x { 2 x 25 Body dolphin on :45 / :45
 { --> think about propelling body using hips no legs
 { 2 x 75 Fly drill 50 single arm / 25 2-2-2 drill on 1:30 / 1:30
 { 2 x 125 50 Free / 75 Fly on 2:15 / 2:30
Total: 1350yds Time: 27:00

Main Set:

1 x { 3 x 300 Free 150 White / 150 Pink on 4:10 / 4:45
 { 1 x 100 Pull on 2:00 / 2:00
 { 3 x 200 Free 100 Pink / 100 Red on 2:50 / 3:30
 { 1 x 100 Pull on 2:00 / 2:00
 { 3 x 100 Free Desc #1-3 Red to Blue on 1:25 / 1:45
Total: 2000yds Time: 31:00

Kick Set:

12 x 100 Kick on 2:00 / 2:10
--> #1-3 Hold Easy pace
--> #4-6 Hold Medium pace
--> #7-9 Hold fast pace
--> #10-12 All out
(really focus on pace clock for this, go off times for effort levels, not feel)