

**Workout #5617 - Monday, 04 January 2021**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	4:00 PM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
400	4:07 PM	4 x 100 on 1:45 25fly 6UW kicks 50fr 25fly	EN1	S	FRM	0:52
400	4:15 PM	8 x 50 on :55 1free 1stroke	EN1	K	FRM	0:55
3,200	4:24 PM	1x{2 x 400 on 4:50 pink	EN2	S	FR	0:36
		{2 x 400 on 5:00 pull	EN2	P	PAD	0:38
		{2 x 400 on 4:40 pink	EN2	S	FR	0:35
		{2 x 400 on 5:00 pull	EN2	P	PAD	0:38
	5:04 PM	1 on 1:00				
2,600	5:05 PM	4x{4 x 50 on 1:00 desc 1-4 GT 200 Pace--Free	SP2	S	FR	1:00
		{1 x 150 on 2:00 Blue Pace	EN3	S	FR	0:40
		{1 x 300 on 4:30 ez recovery	EN1	S	FR	0:45
200	5:48 PM	1 x 200 on 3:00 Free				0:45
	5:51 PM	7,200 Yards - Stress Value = 204				

Colts

Warm up

200 Free

4 x 50 Butterfly Kick with Board

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

4 x 25 Perfect Butterfly swim

4 x 50s

1st 25 Fly/ 2nd 25 Free

2 x 100 Free swim

Repeat

50 Warm Down

Ponies

Warm up- 2 times through

150 Free- 3 underwater dolphin kicks off every wall

150 Pull breathing every 3

100 Kick

Pre-set

6x 75 Butterfly Drill @ :10 seconds rest

1st 25- Kick

2nd 25- Drill (3R-3L-3 Both)

3rd 25- Swim

Main set

12x 25s swim @ :5 seconds rest

2 Fly

1 Free

400 Free @ :20 seconds rest

1st 200 Swim 2nd 200 Swim with over kick

3 underwater dolphin kicks off every wall

Repeat

Kick Set-

4 x 100 Kick @ 1:45 with Fins

50 Warm Down

Mustangs

Warm Up:

- 1 x 500 Fr on 8:00 / 8:45
- 1 x 200 Pull with catch up drill on 3:50 / 4:00
- 1 x 200 Kick on 4:00 / 4:10

Drill Set:

with fins:

- 2 x { 3 x 50 25 body dolphin arms at side / 25 body dolphin arms in front on 1:00 / 1:00
- { 3 x 50 25 Right arm only / 25 left arm only on 1:00 / 1:00
- { 3 x 50 2-2-2 drill on 1:00 / 1:00
- { 3 x 50 Fly Perfect technique on 1:00 / 1:00

Main Set:

- 1 x { 6 x 50 Fr #1-3: Red, #4-6 Blue on :50 / 1:00
- { 1 x 200 Easy on 3:45 / 4:00
- { 4 x 75 Fr #1-2: Red, #3-4: Blue on 1:20 / 1:30
- { 1 x 200 Easy on 3:45 / 4:00
- { 2 x 150 Fr #1: Red, #2: Blue on 2:00 / 2:30
- { 1 x 200 Easy on 3:45 / 4:00

Kick Set:

- 3 x { 1 x 100 50 Kick / 50 Swim on 2:00 / 2:00
- { 1 x 100 25 Kick / 50 Swim / 25 Kick on 2:00 / 2:00
- { 1 x 100 50 Swim / 50 Kick on 2:00 / 2:00
- { 1 x 100 All kick Fast!! on 2:00 / 2:00

Warm Down:

- 1 x 300 Easy