

Workout #5639 - Monday, 18 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	3:00 PM	1 x 800 on 12:00 100free 50side kick 50Shark fin	EN1	D	FR	0:45
800	3:13 PM	8 x 100 on 1:30 2-3-4-5 Stks NB off wall Power strokes breakout	EN1	D	FR	0:45
400	3:26 PM	8 x 50 on 1:00 kick Free 12.5 Sprint 37ez	EN2	K	FR	1:00
2,000	3:35 PM	20 x 100 on 1:10 pink	EN2	S	FR	0:35
1,200	4:00 PM	4 x 300 on 4:15 kick w fins mid 100 on back	EN1	K	FIN	0:42
1,800	4:18 PM	2x{6 x 50 on :45 B-3 {2 x 150 on 2:00 b 75-3 75-5 {1 x 300 on 3:30 pull b 3-5-7- x 100 {1 on 1:00	EN2 EN2 EN2	P P S	PAD PAD FR	0:45 0:40 0:35
300	4:45 PM	1 x 300 on 5:00 Free				0:50
	4:50 PM	7,300 Yards - Stress Value = 112				

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

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

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