

Workout #5588 - Saturday, 12 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
600	6:00 AM	1 x 600 on 9:00 Free	EN1	S	FR	0:45
600	6:10 AM	6 x 100 on 1:40 3-4-5-6 UW kicks/25	EN1	D	FR	0:50
1,200	6:21 AM	6 x 200 on 3:00 50swim 100kick 50swim	EN1	K	CHO	0:45
2,500	6:40 AM	1x{2 x 500 on 7:00 see notes UW work	EN2	S	FR	0:42
		{2 x 500 on 6:30 Pink	EN2	S	FR	0:39
		{1 x 500 on 7:00 AFAP GT +25	EN3	S	FR	0:42
	7:15 AM	1 on 1:00				
1,200	7:16 AM	4x{1 x 100 on 2:00 kick	EN1	K	FRM	1:00
		{2 x 25 on :20 sprint kick	EN2	K	FRM	0:40
		{1 x 100 on 2:00 kick	EN1	K	FRM	1:00
		{1 x 50 on :40 sprint kick	EN2	K	FRM	0:40
		1-2 stroke 3-4 Free				
200	7:39 AM	2 x 100 on 1:10 pull	EN2	P	PAD	0:35
200	7:43 AM	2 x 100 on 1:20 Pull	EN2	P	PAD	0:40
200	7:47 AM	2 x 100 on 1:30 pull	EN2	P	PAD	0:45
200	7:51 AM	2 x 100 on 1:40 pull	EN2	P	PAD	0:50
	7:55 AM	6,900 Yards - Stress Value = 126				

on 500s 1-2
 200 3 uw kicks
 100 4uw kicks
 100 5uw kicks
 100 6uw kicks

Ponies

Warm up
 300- 100 Free/100 back/ 100 free
 4 x 50 Kick/Drill @ :10 seconds
 IM order (one of each stroke)

Pre-set

12 x 50s @ :10 seconds rest
 1st - all kick
 2nd - 25 kick/25 swim
 3rd - all swim

Main set

400 free- 3 underwater kicks off every wall @ :30 seconds rest
 50 fly @ :10 seconds rest
 300 Free- 3 underwater kicks off every wall @ :25 seconds rest
 50 back @ :10 seconds rest
 200 free- 3 underwater kicks off every wall @ :20 seconds rest
 50 Breast @ :10 seconds rest
 100 All out Free- 3 underwater kicks off every wall

50 Warm Down