

Workout #5615 - Saturday, 02 January 2021
Generic
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
		Happy New Year! Keep your end of season goals in mind every lap! Be empowered by your gratittude to have a pool to train in! Be Ready for Next Week When We Are Back at BHS!				
1,200	6:00 AM	2x{1 x 300 on 4:30 50swim 50kick	EN1	K	CHO	0:45
		{6 x 50 on :50 3white 3pink	EN2	S	FR	0:50
300	6:20 AM	4 x 75 on 1:30 1st and last 25 Hard Free Kick	EN1	K	FR	1:00
	6:27 AM	1 on 1:00				
3,000	6:28 AM	5x{1 x 300 on :10 white	EN2	S	FR	0:02
		{1 x 200 on :10 pink	EN2	S	FR	0:02
		{1 x 100 on 7:10 red	EN2	S	FR	3:35
		Doing 600s Rest 10 after 300-200 to get times				
1,200	7:07 AM	4 x 300 on 4:10 see notes	EN1	K	FIN	0:42
		1-420 1-410 1-400 1-350				
1,000	7:25 AM	10 x 100 on 1:15 Cruising Pull B-3	EN2	P	PAD	0:38
200	7:39 AM	1 x 200 on 3:00 Free				0:45
	7:42 AM	6,900 Yards - Stress Value = 113				

Ponies

Warm up

300- 100 swim/100 kick/100 swim

4 x 50 Drill/Swim @ :10 seconds

IM order (one of each stroke)

Pre-set

16 x 25s @ :5 seconds rest

4 swim/ 4 kick/ 4 swim/ 4 kick

Your choice of swim and kick

Main set

4 x 100 IM @ :10 seconds rest

50 All out Free @ :15 seconds rest

3 x 100 IM @ :10 seconds rest

100 all out free @ :20 seconds rest

2 x 100 IM 3 underwater kicks off every wall @ :20 seconds rest

150 all out free @ :25 seconds rest

50 easy swim

1 minute rest

100 IM FAST

50 Warm Down

Mustangs

Warm Up:

1 x 400 50 Swim / 50 kick on 5:45 / 6:15

6 x 100 Fr Desc 1-3, 4-6 on 1:30 / 1:45

Drill Set:

3 x { 2 x 50 Fr 6 kicks 1 pull on 1:00 / 1:05

{ 2 x 50 Fr Sharkfin drill on 1:00 / 1:05

{ --> Fin hand should be pointing toward extended hand's wrist

{ 3 x 50 Break out drill off both walls on 1:00 / 1:05

{ --> 4 UH2Os fast and powerful then 10 flutter kicks all out streamline

Main Set:

2 x { 1 x 400 White on 5:20 / 6:00 / 6:20

{ 2 x 200 Pink on 2:50 / 3:00 / 3:10

{ 4 x 100 Red on 1:25 / 1:30 / 1:40

Pull Set:

2 x { 5 x 100 Pull B-3 on 1:45 / 1:55
 { 1 x 100 Pull B-7 on 1:45 / 1:55

Warm Down:

1 x 300 Easy