

Workout #5607 - Saturday, 26 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	6:00 AM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
1,500	6:07 AM	3x{3 x 100 on 1:30 see notes	EN2	S	FR	0:45
		{4 x 50 on 1:00 kick desc 1-4	EN1	K	FR	1:00
		round 1 white, round 2 pink, round 3 red				
	6:34 AM	1 on 1:00				
3,000	6:35 AM	1x{1 x 300 on 4:00 Free	EN2	S	FR	0:40
		{2 x 300 on 3:50 Free	EN2	S	FR	0:38
		{1 x 300 on 3:40 Free	EN2	S	FR	0:37
		{2 x 300 on 3:50 Free	EN2	S	FR	0:38
		{1 x 300 on 3:30 Free	EN2	S	FR	0:35
		{2 x 300 on 3:40 Free	EN2	S	FR	0:37
		{1 x 300 on 3:20 Free	EN2	S	FR	0:33
	7:14 AM	1 on 1:00				
900	7:15 AM	4x{1 x 75 on 1:10 50s 25 kick	EN1	K	CHO	0:47
		{1 x 75 on 1:10 50k 25 swim	EN1	K	CHO	0:47
		{1 x 75 on 1:10 kick hard	EN2	K	CHO	0:47
200	7:30 AM	1 x 200 on 3:00 Free				0:45
	7:33 AM	6,000 Yards - Stress Value = 100				

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