

**Workout #5600 - Saturday, 19 December 2020**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
300	6:00 AM	1 x 300 on 3:45 Free	EN1	S	FR	0:38
750	6:05 AM	3 x 250 on 3:45 see notes	EN1	S	FRM	0:45
		#1 50im 50FR				
		#2 50k 50fr				
		#3 50Prime 50FR				
300	6:18 AM	1 x 300 on 3:45 Free	EN1	S	FR	0:38
2,400	6:23 AM	4x{1 x 50 on 1:15 Free	EN1	S	FR	1:15
		{1 x 150 on 1:45 Free	EN2	S	FR	0:35
		{1 x 100 on 1:30 Free	EN1	S	FR	0:45
		{1 x 300 on 3:15 Free	EN3	S	FR	0:32
	6:55 AM	1 on 1:00				
1,200	6:56 AM	2x{2 x 100 on 1:50 kick	EN1	K	CHO	0:55
		{2 x 100 on 1:40 kick	EN1	K	CHO	0:50
		{2 x 100 on 1:30 kick	EN2	K	CHO	0:45
1,500	7:17 AM	1 x 1500 on 22:00 Pull Snorkel/B-5	EN2	P	PAD	0:44
600	7:40 AM	12 x 50 on :45 2ez 2gt 500 flip	EN2	S	FR	0:45
200	7:50 AM	1 x 200 on 3:00 Free				0:45
	7:53 AM	7,250 Yards - Stress Value = 162				

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