

**Workout #5579 - Saturday, 05 December 2020**  
**Generic**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
500	6:00 AM	1 x 500 on 7:00 Smooth 2uw kicks off each wall	EN1	S	FR	0:42
400	6:08 AM	1 x 400 on 6:00 Faster 3uw kicks	EN2	S	FR	0:45
300	6:15 AM	1 x 300 on 5:00 Faster 4uw kicks	EN2	S	FR	0:50
200	6:21 AM	1 x 200 on 4:00 Faster 5 uw kicks	EN2	S	FR	1:00
100	6:26 AM	1 x 100 on 2:00 Faster 6 UW Kicks	EN2	S	FR	1:00
1,350	6:29 AM	6 x 225 on 3:20 75Free 75 IMO 75Free 2-fly 2-back 2-breast	EN2	S	FRM	0:44
1,000	6:50 AM	4x{2 x 50 on :40 ez {3 x 50 on :40 Goal Time 500 to a flip	EN1 EN2	S	FR	0:40 0:40
1,200	7:05 AM	6 x 200 on 3:00 fins 50board 100back 50board	EN1	K	FIN	0:45
400	7:24 AM	4 x 100 on 1:10 pull b-3	EN2	P	PAD	0:35
300	7:30 AM	3 x 100 on 1:20 pull b-5	EN2	P	PAD	0:40
200	7:35 AM	2 x 100 on 1:30 b-7	EN2	P	PAD	0:45
100	7:39 AM	1 x 100 on 1:40 b-9	EN1	P	PAD	0:50
300	7:42 AM	1 x 300 on 5:00 backstroke	REC	S	BK	0:50
	7:47 AM	6,350 Yards - Stress Value = 99				

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

Mustangs

1x500 8:00

1x400 7:00

1x300 6:00

1x200 4:00

1x100 2:00

Do the UW kicks as written

6x200 200 3:30 50free 100im 50free

Four Rounds

2x50 :50 EZ

3x50 :50 Goal Time 500

Kick 6x200 3:30 Fins--50board 100back 50Board

300 Swim Down