

Workout #5577 - Thursday, 03 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	4:00 PM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
800	4:07 PM	8 x 100 on 1:40 odds 25 weak 50fr 25weak evens 25 prime-drill 50fr 25 prime swim	EN1	S	FRM	0:50
400	4:22 PM	8 x 50 on 1:00 4stroke 4 free	EN1	K	FRM	1:00
1,350	4:31 PM	2x{3 x 75 on 1:00 Free {1 x 75 on 1:00 GT 200 +3 {2 x 75 on 1:00 Free {1 x 75 on 1:00 stroke GT 200+3 {1 x 75 on 1:00 Free {1 x 75 on 1:00 stroke gt 200+3 {1 on 2:00 rest between rounds 3free 1 stroke 2free 1stroke 1free 1 stroke Stroke is Goal Time 200+3	EN2	S	FR	0:40
			SP2	S	STK	0:40
			EN2	S	FR	0:40
			SP2	S	STK	0:40
			EN2	S	FR	0:40
			SP2	S	STK	0:40
1,000	4:54 PM	4x{3 x 25 on :40 Streamline Kick first 15m Sprint {3 x 25 on :40 Streamline kick last 15m Sprint {1 x 100 on 2:00 ez swim free	EN2	K	STK	1:20
			EN2	K	STK	1:20
			REC	S	FR	1:00
1,000	5:19 PM	2 x 500 on 6:15 pull B3-5-7-5-3 x 100s	EN2	P	PAD	0:38
200	5:33 PM	1 x 200 on 4:00 Free	REC	S	FR	1:00
	5:37 PM	5,150 Yards - Stress Value = 111				

Colts

Warm up

100 Free

2 x 50 Free Kick with Board

Pre-set

12 x 25 Free Drill

1-4: Side glide

5-8: 6 kicks, 1 stroke

9-12: 6 kicks, 3 strokes

Main set

200 Free

4 x 25 all out free kick

100 free

4 x 25 all out free kick

Repeat

50 Warm Down

Ponies

Warm up

6 x 100s @ :15 seconds rest

1-2: swim

3-4 Kick

5-6: pull

Pre-set

6 x 75 Free Drill @ :15 seconds rest

1st 25: Streamline kick on back

2nd 25: 6 kicks, 3 strokes Drill

3rd 25: Free swim

Main set

200 IM @ :20 seconds rest

4 x 25 all out free @ :5 seconds rest
100 free @ :10 seconds rest
4 x 25 all out one of each stroke @ :5 seconds rest
Repeat

50 Warm Down

Mustangs

1x400 7:00
6x100 2:00--same odd even switch off
8x50 1:10 kick 2 each stroke

Main Set--two rounds

3x75 1:15 free
1x75 1:15 Fly Hard
2x75 1:15 free
1x75 1:15 Back Hard
1x75 1:15 Free
1x75 1:30 Breast Hard
2 min rest

Do the kick set as written
500 Pull B-3 swim down