

Workout #5623 - Thursday, 07 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
500	6:30 PM	1 x 500 on 7:00 Free	EN1	S	FR	0:42
500	6:38 PM	1 x 500 on 6:00 Free	EN2	S	FR	0:36
500	6:45 PM	1 x 500 on 10:00 kick 50fr 50back	EN1	K	FRM	1:00
500	6:56 PM	1 x 500 on 8:00 IM see notes	EN1	D	IM	0:48
		IM 50Kick 50Drill 25 Build last 10M Sprint				
1,200	7:05 PM	8 x 150 on 2:00 white	EN2	S	FR	0:40
1,800	7:22 PM	1x{1 x 300 on 4:00 25fr 25stroke	EN2	S	STK	0:40
		{4 x 50 on 1:00 GT +2	EN2	S	STK	1:00
		{1 x 300 on 4:00 50fr 50stroke	EN2	S	STK	0:40
		{4 x 50 on 1:00 GT 200+2	EN2	S	STK	1:00
		{1 x 300 on 4:00 75fr 75stk	EN2	S	STK	0:40
		{4 x 50 on 1:00 GT 200+2	EN2	S	STK	1:00
		{1 x 300 on 4:00 stroke last 100 HARD	EN2	S	STK	0:40
	7:51 PM	1 on 1:00				
1,200	7:52 PM	3x{2 x 50 on :50 kick w fins	EN1	K	FIN	0:50
		{4 x 50 on :45 kick w fins	EN1	K	FIN	0:45
		{2 x 50 on :40 kick w fins	EN2	K	FIN	0:40
400	8:11 PM	4 x 100 on 1:20 Pull	EN2	P	PAD	0:40
300	8:18 PM	3 x 100 on 1:15 pull	EN2	P	PAD	0:38
200	8:23 PM	2 x 100 on 1:10 pull	EN2	P	PAD	0:35
100	8:27 PM	1 x 100 on 1:05 pull	EN2	P	PAD	0:32
200	8:30 PM	1 x 200 on 3:00 Free				0:45
	8:33 PM	7,400 Yards - Stress Value = 120				

Colts

Warm up

100 Free

8 x 50 Kick- 2 of each stroke

Pre-set

12 x 25 Free Drill

5-8: Side glide

9-12: 6 kicks, 1 stroke

13-16: 6 kicks, 3 strokes

Main set

3 x 200s Free

6 x 25 all out free kick

50 Warm Down

Ponies

Warm up

10 x 50s

Odds swim

Evens kick

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

100 All out free @ :10 seconds rest

50 smooth @ :30 seconds rest

Repeat 6 times

50 Warm Down

Mustangs

Warm Up:

1 x 500 Free every 4th 25 Shark fin drill on 7:30 / 8:30

6 x 100 Free on 1:30 / 1:45

--> 3 White, 2 Pink, 1 Red

1 x 200 Kick

Pull Set:

3 x { 2 x 100 Breathing every 3 on 1:30 / 1:40 / 1:50

{ 2 x 50 2-3 breaths per 25 on 1:00 / 1:00

Main Set:

4 x { 3 x 100 White pace on 1:30 / 1:45

{ 2 x 100 IM on 1:40 / 1:50

Kick Set:

10 x 100 Kick

--> 3 on 2:00 / 2:10

--> 3 on 1:55 / 2:05

--> 3 on 1:50 / 2:00

--> 1 on 1:45 / 1:55