

Workout #5598 - Thursday, 17 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	6:30 PM	1 x 800 on 11:00 Free	EN1	S	FR	0:41
1,200	6:42 PM	8 x 150 on 2:45 50k 50shark fin 50fr swim	EN1	D	FR	0:55
1,200	7:05 PM	4 x 300 on 3:45 DESC 1-4	EN2	S	FR	0:38
1,800	7:21 PM	1x{12 x 50 on 1:00 Kick Evens Hard	EN1	K	STK	1:00
		{12 x 50 on :55 drill/swim last 1/2 lap sprint	EN1	D	STK	0:55
		{12 x 50 on :50 GT 200 +2	EN2	S	STK	0:50
1,200	7:55 PM	24 x 50 on :50 kick stroke 2-55 2-45	EN1	K	STK	0:50
200	8:16 PM	1 x 200 on 3:00 Free				0:45
	8:19 PM	6,400 Yards - Stress Value = 80				

Colts

Warm up

100 Free

2 x 50 Free Kick with Board

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

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

Warm Up:

1 x 500 Free 4 UH2Os dolphin K off every wall on 7:00 / 8:00

4 x 100 Free 3,4,5,6 UH2Os dolphin kicks off each wall on 1:30 / 1:45

1 x 200 Kick on 4:00

Drill Set:

8 x 50 Fr on 1:10

--> #1-4: Right Paddle, Left Fin working connection between them & hip drive

--> #5-8: Left Paddle, Right Fin working connection between them & hip drive

2 x { 3 x 50 Free Kick Desc 1-3 on 1:00 / 1:00

{ 4 x 50 Shark Fin Drill on 1:05

{ --> Shark fin fingers should be up toward wrist of arm extended forward

{ --> When pulling use hip rotation to drive pulling arm

{ 1 x 200 50 Free / 100 Catch up drill / 50 Free on 3:15 / 3:45

{ --> Don't rush the catch up, really feel for the hip drive to drive pull

Main Set:

This whole set should be done all the way through, pulls are for recovery, no breaks between

2 x { 1 x 200 IM on 3:30 / 4:00

{ 3 x 50 Fly on 1:00 / 1:10

1 x 100 Pull on 3:00 / 3:00

2 x { 1 x 200 IM on 3:20 / 3:50

{ 3 x 50 Back on 1:00 / 1:10

1 x 100 Pull on 3:00 / 3:00

2 x { 1 x 200 IM on 3:10 / 3:40

{ 3 x 50 Br on 1:10 / 1:20

1 x 100 Pull on 3:00 / 3:00

2 x { 1 x 200 IM on 3:00 / 3:30

{ 3 x 50 Fr on :50 / 1:00

Kick Set:

2 x { 4 x 50 Kick Stroke steady on 1:00 / 1:10

{ 3 x 75 Fr Kick on 1:30 / 1:40

{ --> #1: 50 EZ / 25 Fast

{ --> #2: 25 EZ / 50 Fast

{ --> #3: All Fast

{ 2 x 100 Kick Stroke on 2:00 / 2:10