

**Workout #5633 - Thursday, 14 January 2021**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	6:30 PM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
400	6:37 PM	1 x 400 on 6:00 25stroke 25free	EN1	S	STK	0:45
400	6:44 PM	1 x 400 on 7:00 25kick 25 free	EN1	K	CHO	0:52
900	6:52 PM	12 x 75 on 1:10 25 Free 25 sharkfin 25 Free	EN1	D	FR	0:47
800	7:07 PM	8 x 100 on 1:20 1free 1reverse im	EN2	S	FRM	0:40
1,500	7:19 PM	1x{6 x 50 on :50 GT +4	EN2	S	STK	0:50
		{1 x 200 on 3:20 Free	EN1	S	FR	0:50
		{6 x 50 on :50 GT +2	EN2	S	STK	0:50
		{1 x 200 on 3:20 Free	EN1	S	FR	0:50
		{6 x 50 on :50 GT 200	SP2	S	STK	0:50
		{1 x 200 on 3:20 Free	EN1	S	FR	0:50
1,200	7:45 PM	16 x 75 on 1:30 1-6 Fins 7-12 no fins	EN1	K	FLY	1:00
		25 UW Dolphin 25ez swim 25 UW Dolphin				
1,200	8:10 PM	8 x 150 on 1:55 pull b-3	EN2	P	PAD	0:38
200	8:27 PM	1 x 200 on 3:00 Free				0:45
	8:30 PM	7,000 Yards - Stress Value = 121				

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

1-14-21

Warm Up:

1 x 300 Free on 4:45 / 4:45

2 x 150 Pull on 2:30 / 2:30

2 x 150 Kick on 3:00 / 3:00

Main Set:

3 x { 1 x 400 White Pace on 5:20 / 5:45 / 6:00

{ 4 x 50 Stroke Neg Split each 50 on 1:00 / 1:00

{ --> Can change stroke after each round

{ --> Really try to increase tempo on 2nd half of each 50

Kick Set:

w/fins:

6 x 100 on 1:30 / 1:30

--> #1-3: Easy/Fast by 50

--> #4-6: All fast