

**Workout #5586 - Thursday, 10 December 2020**  
**Generic**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	6:30 PM	1x{1 x 200 on 3:00 Free	EN1	S	FR	0:45
		{1 x 200 on 4:00 kick	EN1	K	STK	1:00
		{1 x 200 on 3:30 25drill 25swim stroke	EN1	D	STK	0:52
		{1 x 200 on 3:00 Free	EN1	S	FR	0:45
1,200	6:45 PM	8 x 150 on 2:00 4white 4pink	EN2	S	FR	0:40
2,100	7:02 PM	12 x 175 on 2:45 50drill 75swim 50kick stroke	EN2	S	STK	0:47
1,500	7:36 PM	2x{3 x 50 on :55 kick stroke Desc 1-3	EN1	K	STK	0:55
		{3 x 50 on :55 drill swim stroke	EN1	D	STK	0:55
		{3 x 50 on :50 stroke swim desc 1-3	EN1	S	STK	0:50
		{1 x 300 on 5:00 pull	EN1	P	PAD	0:50
		on 50s swim #1+4, #2 +2 #3 at GT 200				
800	8:03 PM	16 x 50 on :50 2-55 2-45 stroke	EN1	K	STK	0:50
200	8:18 PM	1 x 200 on 3:00 Free				0:45
	8:21 PM	6,600 Yards - Stress Value = 124				

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 every 4th 25 Stroke choice on :30 rest  
1 x 200 Kick Choice on :30 rest

Drill Set: \*\*If limited on pool time, adjust the number of rounds as needed\*\*

3 x { 4 x 25 6-1 drill with a catch up on :45 / :45  
{ --> work hip snap and focus on acceleration with each pull (lurching forward)  
{ 3 x 50 Breakout drill Free on 1:00 / 1:00  
{ --> 4 Fast dolphin kicks 10 fast flutter kicks on surface off both walls  
{ 3 x 100 P.T. Free on 1:30 / 1:45  
{ --> Work stroke from hip drive, work underwaters and good breakouts

Main Set:

4 x { 4 x 75 Switch IM on 1:20 / 1:30  
{ --> Race the turns!!  
{ 2 x 100 IM Steady on 1:45 / 2:00  
{ 3 x 50 Desc 1-3 IM order by round on 1:00 / 1:10

Kick Set: \*\*Lanes 9-12 can wear fins but would like to see you go without if possible\*\*

2 x { 3 x 100 Kick on 2:00  
{ 2 x 100 Kick on 1:50  
{ 1 x 100 Kick on 1:45