

Workout #5606 - Thursday, 24 December 2020
Generic
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	6:00 AM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
1,050	6:07 AM	1x{6 x 100 on 1:50 Free	EN1	K	CHO	0:55
		{3 x 50 on :50 kick	EN1	K	CHO	0:50
		{3 x 100 on 1:30 kick	EN2	K	CHO	0:45
600	6:26 AM	1 x 600 on 9:00 WORK TURNS!!	EN1	D	FR	0:45
600	6:36 AM	1x{3 x 100 on 1:30 Free	EN1	S	FR	0:45
		{1 x 300 on 4:30 For Time RACE	EN2	S	STK	0:45
600	6:46 AM	1 x 600 on 9:00 WORK LONG OFF WALLS	EN1	D	FR	0:45
600	6:56 AM	1x{2 x 150 on 2:15 RACE FASTER	EN2	S	STK	0:45
		{2 x 150 on 2:15 RACE FASTER	EN2	S	STK	0:45
600	7:06 AM	1 x 600 on 9:00 WORK LONG OFF WALLS	EN1	D	FR	0:45
600	7:16 AM	1x{3 x 100 on 1:20 Free	EN1	S	FR	0:40
		{3 x 100 on 1:30 RACE FASTEST	EN2	S	STK	0:45
600	7:26 AM	1 x 600 on 9:00 WORK TURNS!!	EN1	D	FR	0:45
		you can do stroke working turns and walls on the 600s				
1,000	7:36 AM	1x{6 x 50 on 1:00 kick stroke	EN1	K	STK	1:00
		{8 x 50 on :55 kick stroke	EN1	K	STK	0:55
		{6 x 50 on :50 kick stroke	EN1	K	STK	0:50
	7:55 AM	6,650 Yards - Stress Value = 79				

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