

Workout #5614 - Thursday, 31 December 2020
Generic
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,400	6:00 AM	7 x 200 on 3:00 see notes Seven is the number of time BSC has been recognized by USA Swimming by Club Excellence at USA Swimming Over the past 8 years Odds free evens 25k/25d--50swim stroke 20x100s	EN1	D	FRM	0:45
2,000	6:22 AM	1x{8 x 100 on 1:20 Free--Be Thankful for Family {6 x 100 on 1:15 Free--Be Thankful for Team {4 x 100 on 1:10 Free--Be Thankful for Friends {2 x 100 on 1:05 Free--Be Thankful for Swimming! 21x50	EN2	S	FR	0:40
			EN2	S	FR	0:38
			EN2	S	FR	0:35
			EN2	S	FR	0:32
1,050	6:48 AM	1x{6 x 50 on :40 Smoth {5 x 50 on :50 GT 200+2 {4 x 50 on 1:00 stroke GT 200 +1 {3 x 50 on 1:10 stroke GT 200 {2 x 50 on 1:20 stroke GT 200 -1 {1 x 50 on 1:30 stroke GT 200 -2 9x100 kick	EN2	S	STK	0:40
			EN2	S	STK	0:50
			EN2	S	STK	1:00
			EN2	S	STK	1:10
			EN2	S	STK	1:20
			EN2	S	STK	1:30
300	7:09 AM	3 x 100 on 1:40 kick desc 1-3	EN1	K	STK	0:50
300	7:15 AM	3 x 100 on 1:35 desc 1-3 stroke	EN1	K	STK	0:48
300	7:21 AM	3 x 100 on 1:30 desc 1-3 stroke	EN1	K	STK	0:45
		9 New Team Records Have Been Set this year!				
	7:25 AM	5,350 Yards - Stress Value = 84				

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:

7 x 150 on 2:40 / 2:50

--> Last 25 of every 150...WHALE FLOPS!!!!

--> 7 represents the number of times our club has been recognized by USA Swimming under their club excellence program. This success is only possible thanks to the effort you guys give every day!

Main Set: NEW YEAR COUNT DOWN!

20 x 100 on 1:45 / 2:00

--> #1-4: IM

--> #5-8: Free White (in between each interval think of 1 thing to look forward to in new year)

--> #9-12: Choice Stroke

--> #13-16: Free Pink (in between each interval think of 1 goal you have for upcoming year)

--> #17-20: Free Red (in between each interval think of 1 thing you are thankful for)

Kick Set:

1 x { 20 x 50 Kick on 1:00 / 1:10

{ #1-10: Free kick

{ #11-20: Your choice

{ 1 x 50 Kick sprint into 2021!! on :45 / :50

Pull Set/Warm down:

8 x 100 Pull on 1:40 / 1:55

--> #1-4: Breathing every 3

--> #5-8: 25 Breath every 3 / 50 Breath every 5 / 25 Breath every 3