

**Workout #5572 - Tuesday, 01 December 2020**

**Generic**

**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	4:00 PM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
900	4:07 PM	12 x 75 on 1:30 Back Drills See notes	EN1	D	BK	1:00
1,200	4:26 PM	12 x 100 on 1:45 4-150 4-140 4-130	EN1	K	FR	0:52
1,500	4:48 PM	6 x 250 on 3:45 im see notes	EN2	S	IM	0:45
300	5:12 PM	1 x 300 on 5:00 pull DPS B-5	EN1	P	PAD	0:50
900	5:18 PM	6 x 150 on 2:15 im see notes	EN2	S	IM	0:45
300	5:33 PM	1 x 300 on 5:00 pull DPS B-5	EN1	P	PAD	0:50
600	5:39 PM	6 x 100 on 1:40 IM 1-3 Technique 4-6 Desc	EN2	S	IM	0:50
600	5:50 PM	12 x 50 on :50 lfr lback	EN1	S	FRM	0:50
6:00 PM 6,700 Yards - Stress Value = 97						

General Notes

- 75s back
- #1 50kick 25 drill
- #2 25kick 50drill
- #3 50drill 25 swim
- #4 25drill 50swim

250s IM

- #1 100fly 50back 100breast 50free
- #2 50fly 100back 50breast 100free

150s IM

- #1 50fly 25back 50breast 25free
- #2 25fly 50back 25 breast 50free

Seniors--

- IF you are limited to 1 hour--make sure the intensity level is very high
- go
- 400Free
- 6x75 Back Drills
- 6x100 kick 2-150 2-140 2-130
- 6x250 3:45
- 300pull
- 6x100 1:40
- warm down

Colts

- Warm up
- 200 Free
- 4 x 50 Free kick with board

Pre-set

- 16 x 25 Backstroke Drill
- 1-4: Streamline backstroke kick
- 5-8: Side glide
- 9-12: 6 kicks, 1 stroke
- 13-16: 6 kicks, 3 strokes

Main set

- 100 Backstroke swim
- 4 x 25s All out Free
- Repeat

50 Warm Down

Ponies

Warm up

300 Free- 3 underwater dolphin kicks off every wall  
4 x 50 Free kick with board @ :10 seconds rest

Pre-set

6 x 75 Backstroke Drill @ :15 seconds rest  
1st 25: Streamline backstroke kick  
2nd 25: 6 kicks, 3 strokes Drill  
3rd 25: Backstroke swim

Main set

4x 150 IM (no 50 free) @ :15 seconds  
4 x 50 @ :10 seconds rest  
Odds Back/ Evens Free  
Kick hard on all 50s  
Repeat

Pull set

4 x 100 pull @ :15 seconds rest- Breath every 3  
50 Warm Down

Mustangs

1x400  
12x75s Same

12x100s kick no fins 4-2:00 4-1:50 4-1:40

6x200 3:45 IM Desc 1-3, 4-6  
300Pull  
6x100 1:45 IM Desc 1-3, 4-6  
300pull