

**Workout #5596 - Tuesday, 22 December 2020**  
**Generic**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,200	6:00 PM	8 x 150 on 2:20 last 50 kick	EN1	S	FR	0:47
1,200	6:20 PM	12 x 100 on 1:20 3white 6pink 3red	EN2	S	FR	0:40
2,800	6:37 PM	8x{1 x 150 on 2:00 Free	EN2	S	FR	0:40
		{1 x 100 on 1:20 im	EN2	S	IM	0:40
		{1 x 25 on :01 IMO Sprint	SP3	S	IM	0:02
		{1 x 25 on 1:14 25sprint IMO 25 EZ IMO	SP3	S	IM	2:28
		{1 x 50 on :50 stroke all out	SP2	S	IM	0:50
		2 rounds each stroke				
800	7:22 PM	8x{1 x 25 on :30 Fins UW Dolphin SPRINT	SP3	K	FIN	1:00
		{1 x 50 on 1:00 Swim Back	EN1	S	BK	1:00
		{1 x 25 on :30 Fins UW Dolphin SPRINT	SP3	K	FIN	1:00
800	7:39 PM	4 x 200 on 2:30 pull	EN2	P	PAD	0:38
		100 b-3 50 b-5 50b-7				
200	7:50 PM	1 x 200 on 4:00 warm down				1:00
	7:54 PM	7,000 Yards - Stress Value = 168				

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

Mustangs

12-22-20

Warm Up:

1 x 400 Fr on 5:45 / 6:15

3 x 150 Pull on 2:45 / 3:00

1 x 200 Kick on 4:00

Drill Set:

2 x { 2 x 50 Bk Side glide kick on 1:05 / 1:05

{ 2 x 75 Back drill choice on 1:30 / 1:40

{ 3 x 100 Back Desc 1-3 on 1:40 / 1:50

Main Set:

4 x { 3 x 75 IM on 1:20 / 1:30

{ 3 x 100 Fr on 1:30 / 1:45

--> For the 100s Fr rounds 1-2: white pace, 3: Pink pace, 4: Red pace

Warm down:

6 x 100 Pull

--> Lanes 1-8: 2 on 1:30, 2 on 1:40, 2 on 1:50

--> Lanes 9-12: 2 on 1:45, 2 on 1:55, 2 on 2:05