

Workout #5611 - Tuesday, 29 December 2020
Generic
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
300	4:00 PM	1 x 300 on 4:30 Free	EN1	S	FR	0:45
250	4:06 PM	1 x 250 on 3:45 25d/25s im/50fr	EN1	D	IM	0:45
250	4:11 PM	1 x 250 on 3:45 50k=imo/50FR Swim	EN1	K	IM	0:45
300	4:16 PM	1 x 300 on 4:30 DESC each 100 to Red Pace	EN2	S	FR	0:45
800	4:22 PM	2x{3 x 50 on 1:00 kick back	EN1	K	BK	1:00
		{2 x 75 on 1:15 Drill	EN1	D	BK	0:50
		{1 x 100 on 1:30 swim Back 6 UW Kicks!!!	EN1	D	BK	0:45
	4:37 PM	1 on 1:00				
2,200	4:38 PM	1x{1 x 100 on 1:30 im	EN2	S	IM	0:45
		{3 x 100 on 1:30 Fly Desc #3 ALL OUT	EN2	S	FLY	0:45
		{1 x 200 on 3:00 im	EN2	S	IM	0:45
		{3 x 100 on 1:30 Back Desc #3 All Out	EN2	S	BK	0:45
		{1 x 300 on 4:30 im	EN2	S	IM	0:45
		{3 x 100 on 1:40 Breast Desc #3 All Out	EN2	S	BR	0:50
		{1 x 400 on 6:00 im	EN2	S	IM	0:45
		{3 x 100 on 1:20 Free Desc #3 All Out	EN2	S	FR	0:40
1,200	5:12 PM	12 x 100 on 2:00 3 each stroke DESC 1-3	EN1	K	IM	1:00
1,200	5:37 PM	8 x 150 on 2:10 50fr 50back 50fr Pull/Paddles	EN2	P	PAD	0:43
200	5:56 PM	1 x 200 on 3:00 Free				0:45
	5:59 PM	6,700 Yards - Stress Value = 101				

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

Warm Up:

1 x 400 Fr on 6:00

4 x 100 25 Bk / 50 Fr / 25 Bk on 1:45 / 2:00

1 x 200 Kick on 4:00 / 4:00

Drill Set:

3 x { 2 x 50 Bk single arm right/left only by 25 on 1:00 / 1:10

{ 2 x 75 50: 6K - 1P / 25: Back Swim w/fast finish on 1:30 / 1:40

Main Set:

1 x { 4 x 100 Reverse IM on 1:40 / 2:00

{ 1 x 300 Fr on 5:00 / 5:30

{ 2 x 200 Reverse IM on 3:20 / 4:00

{ 2 x 150 Fr on 2:15 / 2:30

{ 1 x 300 Reverse IM on 5:00 / 6:00

{ 3 x 100 Fr Desc 1-3 on 1:20 / 1:30

Pull Set:

2 x { 1 x 200 Pull last 100 fast on 3:30 / 4:00

{ 1 x 150 Pull last 100 fast on 2:40 / 3:00

{ 1 x 150 Swim Red pace on 2:20 / 2:30

{ 1 x 100 Swim All out on 1:20 / 1:30

{ 1 x 200 Easy on 4:00 / 4:00