

Workout #5619 - Tuesday, 05 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,000	4:00 PM	4 x 250 on 3:30 200Fr 50Faster Desc 1-4	EN1	S	FR	0:42
4,000	4:15 PM	4x{1 x 200 on 2:30 Free	EN2	S	FR	0:38
		{4 x 50 on 1:00 GT 200+2 Lowest Stk Count	EN2	S	IM	1:00
		{1 x 300 on 4:00 pull B-5	EN2	P	PAD	0:40
		{4 x 75 on 1:20 25 build 50 HARD	EN2	S	IM	0:53
	5:20 PM	1 on 1:00				
1,000	5:21 PM	4x{1 x 100 on 2:00 kick steady	EN1	K	CHO	1:00
		{2 x 50 on :50 build kick	EN1	K	CHO	0:50
		{2 x 25 on :20 ALL OUT KICK	EN2	K	CHO	0:40
	5:40 PM	1 on 1:00				
800	5:41 PM	1x{4 x 50 on 1:00 desc 1-4 your stroke	EN2	S	STK	1:00
		{4 x 50 on :50 GT 200+3	EN2	S	STK	0:50
		{4 x 50 on :55 desc 1-4	EN2	S	STK	0:55
		{4 x 50 on :50 GT 200+2	EN2	S	STK	0:50
200	5:57 PM	1 x 200 on 3:00 Free				0:45
	6:00 PM	7,000 Yards - Stress Value = 118				

Colts

Warm up

300- 100 swim/100 kick/100 swim

200- 100 swim/100 kick

100- 50 swim/50kick

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

8 x 50s swim

Odds are FAST backstroke

Evens are free

50 Warm Down

Ponies

Warm up

450 Free- 3 underwater dolphin kicks off every wall

Every 3rd 50 is kick

Pre-set

8 x 50 Backstroke Drill @ :15 seconds rest

Odds- 50- Kick/Drill

Evens- 50- Drill/Swim

Main set

3x 200 IM @ :20 seconds

4 x 25 @ :10 seconds rest

All out free swim

Repeat

Pull set

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

50 Warm Down

Mustangs

Warm Up:

1 x 400 Free on 6:00 / 6:30

1 x 300 Kick every 4th 25 fast kick on 6:00 / 6:30

Drill Set:

2 x { 3 x 50 Breakout drill for Back on 1:15 / 1:15

{ 2 x 50 1 arm Backstroke on 1:15 / 1:15

{ --> Rd 1: Right arm only (paddle on right hand, fin on left foot)

{ --> Rd 2: Left arm only (paddle on left hand, fin on right foot)

{ 1 x 100 Back swim Negative Split by 50 on 1:45 / 1:45

Kick Set:

1 x { 3 x 75 Fly Kick on 1:30 / 1:30

{ 3 x 75 Back Kick on 1:30 / 1:30

{ 3 x 75 Br Kick on 1:30 / 1:30

{ 3 x 75 Fr Kick on 1:30 / 1:30

Main Set:

6 x 200 Fr on 2:50 / 3:10

--> 2 White, 2 Pink, 1 Red, 1 Blue

Warm down:

1 x 200 Easy