

**Workout #5582 - Tuesday, 08 December 2020**  
**Generic**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
500	4:00 PM	1 x 500 on 7:30 last 125 kick	EN1	S	FR	0:45
400	4:09 PM	1 x 400 on 6:00 last 100 kick	EN1	S	FR	0:45
300	4:16 PM	1 x 300 on 4:30 last 75 kick	EN1	S	FR	0:45
200	4:22 PM	1 x 200 on 3:00 last 50 kick	EN1	S	FR	0:45
100	4:26 PM	1 x 100 on 1:30 last 25 kick	EN1	S	FR	0:45
1,800	4:29 PM	4x{3 x 125 on 2:00 desc 1-3 ALL OUT IM {1 x 75 on 1:30 ez round 1 50fly 25back 25breast 25free round 2 25 fly 50back 25breast 25 free round 3 25fly 25back 50breast 25free round 4 25 fly 25back 25breast 50free	EN2 REC	S	IM FR	0:48 1:00
1,200	5:00 PM	8 x 150 on 3:00 see notes odds IM no free evens all free HARD sub 2:15	EN1	K	IM	1:00
1,200	5:25 PM	2x{3 x 100 on 1:20 pull b-5 {3 x 100 on 1:10 pull JMI	EN2 EN2	P	PAD	0:40 0:35
300	5:41 PM	1 x 300 on 5:00 Free	REC	S	FR	0:50
	5:46 PM	6,000 Yards - Stress Value = 81				

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

\*\*1st intervals are for lanes 1-8, 2nd intervals are for lanes 9-12\*\*

Warm-Up:

1 x 500 75 Free / 25 IMO on :30 rest

1 x 300 Pull B-3 on :30 rest

1 x 200 Free Kick

Drill Set:

3 x { 4 x 25 Bk Kick on :40 / :40

{ --> 4 underwaters fast off walls

{ --> first 10 back kicks all out

{ 3 x 50 6 kicks 1 pull on 1:00 / 1:10

{ --> emphasize hip drive to drive stroke

{ 1 x 100 50 Free / 50 Back race the finish on 1:40 / 1:50

Main Set: \*\*parentheses distances are for lanes 9-12, everyone has same interval\*\*

2 x { 2 x 400 (350) Free White pace on 4:00

{ 2 x 200 (150) Free Pink pace on 2:45

{ 2 x 100 Free Red pace on 1:25 / 1:30