

Workout #5631 - Tuesday, 12 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE	
300	6:30 PM	1 x 300 on 4:30 Free	EN1	S	FR	0:45	
300	6:36 PM	1 x 300 on 4:30 25d 25swim fly 50fr	EN1	D	FLY	0:45	
300	6:42 PM	1 x 300 on 4:30 25d 25swim back 50fr	EN1	D	BK	0:45	
300	6:48 PM	1 x 300 on 4:30 25d 25swim breast 50fr	EN1	D	BR	0:45	
800	6:54 PM	2x{1 x 200 on 2:30 white	EN2	S	FR	0:38	
		{2 x 100 on 1:20 pink	EN2	S	FR	0:40	
	7:06 PM	1 on 1:00					
2,100	7:07 PM	3x{1 x 200 on 3:00 im second 25 hard	EN2	S	IM	0:45	
		{1 x 100 on 1:30 your stroke GT 200+4	EN2	S	STK	0:45	
		{2 x 100 on 1:30 IM #2 hard	EN2	S	IM	0:45	
		{2 x 50 on :45 your stroke GT 200 +2	EN2	S	FR	0:45	
		{1 x 100 on 2:00 Free EZZZ	REC	S	FR	1:00	
	7:41 PM	1 on 1:00					
1,500	7:42 PM	3x{1 x 100 on 1:45 Kick	EN1	K	STK	0:52	
		{1 x 100 on 1:35 kick	EN1	K	STK	0:48	
		{1 x 100 on 1:25 Kick	EN2	K	STK	0:42	
		{1 x 100 on 1:35 kick	EN1	K	STK	0:48	
		{1 x 100 on 1:45 kick	EN1	K	STK	0:52	
500	8:08 PM	4 x 125 on 1:40 pull b 25 right 25 left	EN2	P	PAD	0:40	
500	8:16 PM	4 x 125 on 1:30 25 right 25 left breath	EN2	P	PAD	0:36	
200	8:23 PM	1 x 200 on 3:00				0:45	
	8:26 PM	6,800 Yards - Stress Value = 102					

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 600 Free Breathing every 3 on :30 rest
3 x 100 Kick Desc 1-3 on 2:00 / 2:10

Drill Set:

Fly work:

3 x { 2 x 75 25 kick / 50 Drill on 1:30 / 1:30
{ 3 x 50 25 kick / 25 Build swim on 1:15 / 1:15
{ 2 x 100 25 Fr / 50 Fly / 25 Fr on 1:30 / 1:45
{ **For the drills use 2-2-2 drill**

Main Set:

3 x { 4 x 100 White pace on 1:25 / 1:40
{ 3 x 50 Stroke Desc 1-3 on 1:00 / 1:00

Warm Down:

1 x 200 Easy