

Workout #5593 - Tuesday, 15 December 2020

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
600	6:30 PM	3 x 200 on 3:00 1fr 1im--d/s 1kick	EN1	S	FR	0:45
900	6:40 PM	12 x 75 on 1:20 = odds back 4-5-6 UW off each wall evens Free 4-5-6 UW of each wall Hold GT 200 +6	EN2	D	FRM	0:53
300	6:57 PM	1x{1 x 100 on 1:30 Free {1 x 100 on 1:25 25fr 50switch im 25fr {1 x 100 on 1:20 im	EN1 EN2 EN2	S S S	FR IM IM	0:45 0:42 0:40
	7:03 PM	1 on 1:00				
600	7:04 PM	1x{1 x 200 on 3:00 Free {1 x 200 on 2:50 50fr 100im 50fr {1 x 200 on 2:40 IM	EN1 EN2 EN2	S S S	FR IM IM	0:45 0:42 0:40
	7:14 PM	1 on 1:00				
900	7:15 PM	1x{1 x 300 on 4:30 Free {1 x 300 on 4:15 50FR 200IM 50FR {1 x 300 on 4:00 im	EN1 EN2 EN2	S S S	FR IM IM	0:45 0:42 0:40
	7:29 PM	1 on 1:00				
1,200	7:30 PM	1x{1 x 400 on 6:00 Free {1 x 400 on 5:40 100FR 200IM 100FR {1 x 400 on 5:20 IM AFAP	EN1 EN2 EN3	S S S	FR IM IM	0:45 0:42 0:40
	7:48 PM	1 on 1:00				
1,200	7:49 PM	4x{1 x 100 on 1:40 kick with fins {1 x 100 on 1:30 kick w fins {1 x 100 on 1:20 kick with fins round 1-2 back round 3-4 fly	EN1 EN1 EN2	K K K	FIN FIN FIN	0:50 0:45 0:40
1,000	8:08 PM	10 x 100 on 1:15 b-3-5 x 50	EN2	P	PAD	0:38
300	8:22 PM	1 x 300 on 5:00 Free	REC	S	FR	0:50
	8:27 PM	7,000 Yards - Stress Value = 126				

Colts

Warm up

200 Free

1 x 200 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 500 Long and Smooth Distance per stroke on 7:00 / 8:00
1 x 300 Kick 100 with board, 100 on back, 100 with board on 5:45 / 6:00
1 x 200 Pull with catch up drill (don't race through it focus on proper timing!)
Total: 1000yds

Drill Set:

3 x { 4 x 50 Bk drill on 1:10 / 1:10
{ --> 1-2: 6k-1p, 3-4: 6k-3p
{ 2 x 50 Bk Distance per stroke (DPS) on 1:00 / 1:00
{ --> work 4 UH2O kicks off walls to good breakouts
{ 1 x 100 Bk stroke Pink pace effort on 1:30 / 1:50
Total: 1200yds

Main Set:

1 x { 8 x 25 2-Fly, 2-Bk, 2-Br, 2-Fr on :40 / :45
{ 4 x 50 25 Fly, 25 Bk on 1:00 / 1:00
{ 4 x 50 25 Bk, 25 Br on 1:00 / 1:00
{ 4 x 50 25 Br, 25 Fr on 1:00 / 1:00
{ 1 x 75 50 Fly, 25 Bk on 1:20 / 1:30
{ 1 x 75 50 Bk, 25 Br on 1:20 / 1:30
{ 1 x 75 50 Br, 25 Fr on 1:20 / 1:30
{ 1 x 75 50 Fr, 25 Fly on 1:20 / 1:30
{ 4 x 100 IM Fast on 1:45 / 2:00
Total: 1500yds

Kick Set:

3 x { 1 x 200 Kick on 4:00 / 4:00
{ 3 x 50 Desc #1-3 on 1:00 / 1:00
{ 2 x 100 Fast on 1:50 / 1:55
Total: 1550yds

Pull / Warm down:

6 x 100 B-3 on 1:40 / 1:50