

Workout #5632 - Wednesday, 13 January 2021

Generic

1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
400	6:30 PM	1 x 400 on 6:00 Free	EN1	S	FR	0:45
300	6:37 PM	1 x 300 on 4:30 pull b3-5-7 x 100	EN1	P	PAD	0:45
200	6:43 PM	1 x 200 on 4:00 kick	EN1	K	FR	1:00
600	6:48 PM	6 x 100 on 1:20 3steady 3 descend	EN2	S	FR	0:40
1,200	6:57 PM	6 x 200 on 3:00 kick w-fins	EN1	K	FIN	0:45
3,600	7:16 PM	3x{1 x 400 on 5:00 Free	EN1	S	FR	0:38
		{4 x 100 on 1:30 #2,4 Blue	EN2	S	FR	0:45
		{8 x 50 on 1:00 #2,4,6,8 Blue	SP2	S	FR	1:00
1,000	8:14 PM	1 x 1000 on 15:00 pull 100free 100back	EN1	P	PAD	0:45
	8:29 PM	7,300 Yards - Stress Value = 199				

Colts

Warm up

100 Free

4 x 25 Breaststroke Kick with Board

Pre-set

12 x 25 Breaststroke Drill

1-4: Breaststroke Kick- on stomach, arms at your side, head & heels come up at the same time

5-8: 2 kicks/ 1 pull

9-12: 3 kicks 1 pull, 2 kicks 1 pull, 1 kick 1 pull

Main set

2x 100 Free

2 x 50s - Breaststroke swim with underwater pull outs on every wall

Repeat

50 Warm Down

Ponies

Warm up- 3 times through

100 Free

50 Breaststroke Kick with Board

Pre-set

16 x 25 Breaststroke Drill

1-4: Breaststroke Kick- on stomach, arms at your side, head & heels come up at the same time

5-8: 2 kicks/ 1 pull

9-12: 3 kicks 1 pull, 2 kicks 1 pull, 1 kick 1 pull

13-16: Breaststroke swim with double underwater pullouts

Main set

5 x 100 Free @ :15 seconds rest

Second 50 is all out

2 x 50 @ Breaststroke :10 seconds rest

Second 25 is all out

Repeat

Kick/Pull set

9 x 50 @ :10 seconds rest

1-3: Choice Kick

4-6: Backstroke pull

7-9: Choice Kick

50 Warm Down

Mustangs

Warm Up:

1 x 600 every 4th 25 Streamline K on back on :30 rest

Drill Set:

2 x { 4 x 25 Back Kick O-regular, E-Vert arms on :40 / :45

{ 3 x 50 breakout drill on 1:00 / 1:00

{ 1 x 100 Back swim NS on 1:40 / 1:45

Main Set:

3 x { 4 x 75 SIM on 1:30 / 1:30

{ 3 x 100 IM Desc #1-3 on 1:30 / 1:45

Warm Down:

5 x 100 50 Fr / 50 K on 1:45 / 2:00