

**Workout #5595 - Wednesday, 16 December 2020**  
**Generic**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
500	6:30 PM	1 x 500 on 7:00 Free	EN1	S	FR	0:42
300	6:38 PM	1 x 300 on 4:30 pull b3-5-7	EN1	P	PAD	0:45
1,200	6:44 PM	2x{4 x 50 on 1:00 kick breast	EN1	K	BR	1:00
		{4 x 50 on 1:00 drill/swim breast	EN1	D	BR	1:00
		{4 x 50 on 1:00 swim breast #2,4 Hard	EN1	S	BR	1:00
	7:09 PM	1 on 1:00				
3,000	7:10 PM	3x{5 x 100 on 1:10 Free	EN2	S	FR	0:35
		{3 x 100 on 1:05 Free	EN2	S	FR	0:32
		{1 x 100 on 1:00 Free	EN2	S	FR	0:30
		{1 x 100 on 2:00 Free	REC	S	FR	1:00
	7:48 PM	1 on 1:00				
1,200	7:49 PM	2x{1 x 200 on 4:00 Kick Last 100 HARD	EN1	K	FR	1:00
		{2 x 100 on 2:00 last 50 HARD	EN1	K	FR	1:00
		{4 x 50 on 1:00 last 25 HARD	EN1	K	FR	1:00
		Free Kick				
800	8:14 PM	16 x 50 on :45 2-45 2-35	EN1	P	PAD	0:45
200	8:27 PM	1 x 200 on 3:00 Free				0:45
	8:30 PM	7,200 Yards - Stress Value = 94				

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  
 8 x 75 Free @ :15 seconds rest  
 1-2 First 25 all out  
 3-4 Middle 25 all out  
 5-6 Last 25 all out

7-8 Whole 75 all out

2 x 50 @ Breaststroke :10 seconds rest  
Second 25 is all out  
Repeat

50 Warm Down

Mustangs

Warm-Up:

1 x 600 100 Free / 100 Choice on 9:00  
6 x 100 Kick Desc #1-3, #4-6 on 2:00

Drill Set:

3 x { 3 x 50 Breast Kick #1-with a board, #2-on back, #3-with a board on 1:05 / 1:10  
{ 3 x 50 Breast drill on 1:00 / 1:10  
{ --> Rd 1: Fast Br arms, free kick Rd 2: 3 kicks 1 pull Rd 3: 2 kicks 1 pull  
{ 2 x 125 75 Breast / 50 Free on 2:00 / 2:10

Main Set:

2 x { 2 x 400 White pace on 5:15 / 6:15  
{ 2 x 300 Pink pace on 4:15 / 5:00  
{ 2 x 200 Red pace on 2:45 / 3:15