

**Workout #5621 - Wednesday, 06 January 2021**  
**Generic**  
**1 minute rest between sets**

Yards	Time	Set Description	EGY	WORK	STK	PACE
1,600	4:00 PM	1x{1 x 400 on 5:30 Free	EN1	S	FR	0:41
		{1 x 400 on 6:00 IM 50d 50s	EN1	D	IM	0:45
		{1 x 400 on 6:30 50k 25d 25s Prime	EN1	D	STK	0:49
		{1 x 400 on 8:00 kick	EN1	K	CHO	1:00
1,500	4:27 PM	30 x 50 on :40 White Pace	EN2	S	FR	0:40
2,000	4:48 PM	20 x 100 on 1:20 2ez 2build 1GT 1650	EN2	S	FR	0:40
1,200	5:16 PM	6 x 200 on 3:00 kick with fins Hold sub 240	EN1	K	FIN	0:45
600	5:35 PM	4 x 150 on 2:00 pull desc 1-4	EN2	P	PAD	0:40
100	5:44 PM	1 x 100 on 2:00 Free				1:00
	5:46 PM	7,000 Yards - Stress Value = 110				

Colts  
 Warm up  
 100 free  
 100 Choice 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  
 6 x 100s  
 50 free/ 50 breast

50 Warm Down

Ponies  
 Warm up- 2 times through  
 100 Free/100 pull/100 kick

Pre-set  
 6 x 50s Breaststroke Drill @ :10 seconds rest  
 1-2: Breaststroke Kick- on stomach, arms at your side, head & heels come up at the same time  
 3-4: your choice of drill  
 5-6- Swim

Main set  
 8 x 125 IM with a 50 breaststroke @ :15 seconds rest  
 On breaststroke make sure you are touching with 2 hands and doing underwater pullouts

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:  
 4 x 100 Fr 4 UH2Os off every wall on 1:30 / 1:45  
 1 x 200 Kick on 4:00 / 4:15

Drill Set:

2 x { 2 x 50 Br pull with Free Kick on 1:10 / 1:10  
      { 2 x 50 Double UH2O pullouts on 1:10 / 1:10  
      { 1 x 75 Breast Build by 25 on 1:30 / 1:30

Main Set:

1 x { 2 x 300 White pace on 4:15 / 5:00  
      { 2 x 200 White pace on 2:45 / 3:20  
      { 2 x 150 Pink pace on 2:15 / 2:40  
      { 2 x 100 Pink pace on 1:30 / 1:40

Kick Set:

6 x 100 Desc #1-3, #4-6 on 2:00 / 2:10  
--> Lanes 9-12 do 4 x 100s