

Workout #5575 - Wednesday, 02 December 2020
Generic
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
900	4:00 PM	4 x 225 on 3:40 150fr 75k-d-s breast	EN1	D	BR	0:49
1,800	4:16 PM	1x{2 x 300 on 3:40 Free	EN2	S	FR	0:37
		{2 x 300 on 3:30 Free	EN2	S	FR	0:35
		{2 x 300 on 3:20 Free	EN2	S	FR	0:33
	4:38 PM	1 on 2:00 rest				
1,200	4:40 PM	1x{2 x 200 on 2:30 Free	EN2	S	FR	0:38
		{2 x 200 on 2:20 Free	EN2	S	FR	0:35
		{2 x 200 on 2:10 Free	EN2	S	FR	0:32
	4:55 PM	1 on 2:00				
600	4:57 PM	1x{2 x 100 on 1:15 Free	EN2	S	FR	0:38
		{2 x 100 on 1:10 Free	EN2	S	FR	0:35
		{2 x 100 on 1:05 Free	EN2	S	FR	0:32
	5:05 PM	1 on 1:00				
1,400	5:06 PM	2x{3 x 100 on 1:50 #3 hard	EN1	K	STK	0:55
		{2 x 100 on 1:40 #2 Kick Hard	EN1	K	STK	0:50
		{1 x 100 on 1:30 Kick Hard	EN2	K	STK	0:45
		{1 x 100 on 2:00 Free	REC	S	FR	1:00
	5:32 PM	1 on 1:00				
1,000	5:33 PM	2x{1 x 50 on :45 Pull	EN1	P	PAD	0:45
		{1 x 100 on 1:20 Pull	EN2	P	PAD	0:40
		{1 x 150 on 1:50 Pull	EN2	P	PAD	0:37
		{1 x 200 on 2:20 pull	EN2	P	PAD	0:35
200	5:47 PM	1 x 200 on 4:00 Free				1:00
	5:51 PM	7,100 Yards - Stress Value = 114				

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

4x200 3:40 125Free 25k-25d-25s IMO

2x300 4:20

2x300 4:10

2x300 4:00

Rest

2x200 3:00

2x200 2:50

2x200 2:40

Rest

2x100 1:30

2x100 1:25

2x100 1:20

Rest

Kick Set--Two Rounds

3x100 2:10 #3 hard

2x100 2:00 #2 hard

1x100 1:50 Hard

100ez