

Workout #5613 - Wednesday, 30 December 2020
Generic
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
500	4:00 PM	1 x 500 on 7:00 Free	EN1	S	FR	0:42
400	4:08 PM	1 x 400 on 5:20 Faster than 500pace	EN2	S	FR	0:40
300	4:15 PM	1 x 300 on 3:45 faster than 400 pace	EN2	S	FR	0:38
200	4:20 PM	1 x 200 on 2:20 faster than 300 pace	EN2	S	FR	0:35
100	4:24 PM	1 x 100 on 1:05 faster than 200 pace	EN2	S	FR	0:32
2,000	4:27 PM	10 x 200 on 2:30 1swim/1pull DESC Swims TO AFAP	EN2	S	FR	0:38
1,000	4:53 PM	8 x 125 on 1:40 kick w fins	EN1	K	FIN	0:40
1,200	5:08 PM	12 x 100 on 1:20 see notes 3ez 1@1000 Pace 2ez 2@1000Pace 1ez 3@1000Pace	EN2	S	FR	0:40
300	5:25 PM	1 x 300 on 5:00 Free				0:50
	5:30 PM	6,000 Yards - Stress Value = 99				

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:

1 x 500 Fr every 4th 25 Kick on your back on 7:00 / 8:00

5 x 100 Fr 2-Wt, 2-Pink, 1-Red on 1:30 / 1:45

Drill Set:

3 x { 2 x 50 Br Kick on 1:10

{ --> 25 Kick hands @ sides on stomach, 25 Kick on back streamline

{ 2 x 75 double UH2O pullouts off every wall on 1:30 / 1:40

{ --> Try to reach mid-pool before taking 1st stroke

{ 3 x 50 Br swim Negative split x 25 on 1:10 / 1:10

Main Set:

6 x 425 (400) Fr on 5:30 / 6:10

--> Hold 400 white pace for 425s

Kick Set:

1 x { 4 x 50 Kick on 1:05 / 1:10

{ 4 x 50 Kick on 1:00 / 1:05

{ 4 x 50 Kick on :55 / 1:00

{ 4 x 50 Kick on :50 / :55