

Workout #5585 - Wednesday, 09 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
300	4:08 PM	1 x 300 on 4:30 pull b-3-5-7-x100	EN1	P	PAD	0:45
200	4:14 PM	1 x 200 on 3:00 IM drill/swim x 25	EN1	S	IM	0:45
400	4:18 PM	8 x 50 on 1:00 kick 2stroke 2free	EN1	K	FRM	1:00
600	4:27 PM	12 x 50 on :50 2white 2pink 2red	EN2	S	FR	0:50
2,400	4:38 PM	3x{6 x 100 on 1:05 If you miss go a 50 {1 x 200 on 4:30 Free If your red pace is slower that 1:05 go on 1:10 if your red pace is slower than 1:10 go on 1:15	EN3	S	FR	0:32
	5:12 PM	1 on 1:00	REC	S	FR	1:08
1,000	5:13 PM	4x{1 x 100 on 2:00 kick {4 x 25 on :30 kick Hard, EZ, EZ, Hard {2 x 25 on :20 kick all out 2 rounds prime stroke 2 rounds free	EN1	K	FRM	1:00
			EN2	K	FRM	1:00
			EN2	K	FRM	0:40
300	5:33 PM	2 x 150 on 2:00 Free	EN2	P	PAD	0:40
600	5:38 PM	4 x 150 on 1:50 pull	EN2	P	PAD	0:37
300	5:47 PM	2 x 150 on 1:40 pull	EN2	P	PAD	0:33
200	5:52 PM	1 x 200 on 3:00 Free	REC	S	FR	0:45
	5:55 PM	6,800 Yards - Stress Value = 174				

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
 1x200 Free
 2x 100 Free
 2 x 50s -Free as fast as you can go!

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
 3 x 200 Free @ :15 seconds rest
 Last 100 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 300 B-3 / B-5 x 100 on 4:15 / 4:30
6 x 100 Desc 1-3, 4-6 on 1:30 / 1:40
4 x 50 K 1-Fast/EZ, 1-EZ/Fast on 1:00 / 1:00

Stroke Set:

6 x { 1 x 100 25 stroke / 50 Free / 25 stroke on 1:40 / 1:50
{ 1 x 100 25 Free / 50 stroke / 25 Free on 1:40 / 1:50
Can change stroke by round

Main Set:

1 x { 4 x 150 #1-3: White, #4: Pink on 2:10 / 2:30
{ 4 x 150 #1-3: Pink, #4: Red on 2:10 / 2:30
{ 4 x 150 #1-3: Red, #4 Blue on 2:10 / 2:30

Kick Set:

6 x 100 Kick on 2:00
--> #1-2: 50 Kick with a board / 50 Kick on back streamlined
--> #3-4: 25 Kick with a board/ 50 Kick on back streamlined / 25 Kick with a board
--> #5-6: 50 Kick on back streamlined / 50 Kick with a board

Warm-down:

200 Easy Free