

Workout #5605 - Wednesday, 23 December 2020
Generic
1 minute rest between sets

Yards	Time	Set Description	EGY	WORK	STK	PACE
800	4:00 PM	1 x 800 on 12:00 100free 100non free you may not do the same non-free stroke back to back	EN1	S	FRM	0:45
200	4:13 PM	4 x 50 on :50 Free	EN1	S	FR	0:50
200	4:18 PM	4 x 50 on :45 Free	EN1	S	FR	0:45
200	4:22 PM	4 x 50 on :40 Free	EN2	S	FR	0:40
200	4:26 PM	4 x 50 on :35 Free	EN2	S	FR	0:35
300	4:30 PM	1 x 300 on 4:30 kick w fins	EN1	K	FIN	0:45
300	4:36 PM	3 x 100 on 1:20 kick w fins	EN2	K	FIN	0:40
2,400	4:41 PM	4x{2 x 150 on 1:45 As Fast As Possible {1 x 300 on 5:00 ez	EN3	S	FR	0:35
	5:16 PM	1 on 1:00	EN1	S	FR	0:50
600	5:17 PM	1x{2 x 50 on :45 kick w fins {2 x 50 on :40 kick w fins {4 x 50 on :35 kick w fins {2 x 50 on :40 kick w fins {2 x 50 on :45 kick w fins	EN1	K	FIN	0:45
			EN2	K	FIN	0:40
			EN2	K	FIN	0:35
			EN2	K	FIN	0:40
			EN1	K	FIN	0:45
1,200	5:26 PM	6 x 200 on 3:00 pull desc 1-4 #3, 6 should be HR 29+	EN2	P	PAD	0:45
600	5:45 PM	12 x 50 on :50 warm down on warm-down think of 1 thing you are thankful for each	EN1	S	FR	0:50
	5:55 PM	7,000 Yards - Stress Value = 153				

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