

CTAG 100119

Distance: **5,000 yards** Duration: **01:40:00** Stress: **160** Course: **SCY** Type: **In pool** Created Date: **10/01/2019** Author:

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Distance	Duration	Set Description	EGY	TYPE	STK	Pace
Warm-up						
1,000	20:00	1 x 1 x 400 @ 08:00 FR stick/swim x100	REC	D	FR	01:00
		1 x 200 @ 04:00 Choice Kick	REC	K	CHO	01:00
		1 x 400 @ 08:00 IM SKDS x 25	REC	X	IM	01:00
REST: 03:00						
IM & UW FL K w/fins						
1,600	28:00	8 x 1 x 50 @ 00:55 UW FL K / FL SPRINT! x25	EN2	X	FLY	00:55
		1 x 50 @ 00:50 BK SPRINT / UW FL K x25	EN2	X	BK	00:50
		1 x 50 @ 00:55 UW FL K / BR SPRINT! x25	EN2	X	BR	00:55
		1 x 50 @ 00:50 FR SPRINT / UW FL K x25	EN2	X	FR	00:50
<p>NOTE: IM swims are all RACE PLAN focused: Kick count, breathing pattern and stroke count. UW efforts descend in speed as set goes on. *BR is with flutter kick*</p>						
200	05:00	1 x 1 x 200 @ 05:00 EZ D/S x50 FR/BK x 100	REC	D	FST	01:15
REST: 03:00						
MAX VO2! BK, FR & KICK						
2,000	36:00	8 x 1 x 25 @ 00:30 ALL OUT EFFORT!	EN3	S	FST	01:00
		1 x 50 @ 01:00 ALL OUT EFFORT!	EN3	S	FST	01:00
		1 x 75 @ 01:30 ALL OUT EFFORT!	EN3	S	FST	01:00
		1 x 100 @ 01:30 ALL OUT EFFORT!	EN3	S	FST	00:45
<p>NOTE: Rotate Kick from 25 to 100 each round. ie. RD1 25 Kick, RD2 50 Kick, etc. 100 Kick @2:00. Rounds 1-4 are BK swim & SKOB (Streamline kick on back). Rounds 5-8 are FR swim & kick with board. Goal times: (Gold/Silver/Bronze) BK: 25 - :15/:20/:25 50 - :35/:40/:45 75 - 1:00/1:05/1:10 100 - 1:10/1:15/1:20 FR: 25 - :15/:20/:25 50 - :30/:35/:40 75 - :50/:55/1:00 100 - 1:00/1:05/1:10 Kick: 25 - :20/:25/:30 50 - :40/:45/:50 75 - 1:00/1:05/1:10 100 - 1:20/1:25/1:30 *Go for Gold! Count up medals earned throughout.</p>						
200	05:00	1 x 1 x 200 @ 05:00 EZ D/S x50 FR/BK x 100	REC	D	FST	01:15

Dryland: 10x(20 jump ropes/5 burpees/5 pullups). 5x(R&L Turkish getup/10 goblet squats/5 R&L curl&overhead press)
 Finish with partner stretch.

NOTES: Distance Carnival - 3 days
 Long axis pentathlon - 4 days
 1650 meet - 19 days
 IMX - 18 days
 Age Groups - 163 days
 Zones - 177 days