

Workout #1

Warm-up:

300 easy swim

200 kick

300 pull or easy swim

8 x 50 On 1:00 - 1:10

1st length drill ((o)Fist swim, (e)dog paddle; 2nd length swim easy

8 x 100 Descend 1-4, 5-8 On 1:35

Main set:

3 x 800

Broken out as 4 x 200 on :10 rest Descend the 200's in each 800; 1 minute rest after each 800

Cool down:

200 pull - easy - focus on form 200 swim easy

Workout Total: 3300Workout

Warm up

All with snorkel - (Fins)

200 rotation kick

25 zip free

150 free - long ez swim

25 double arm back

SPEED SET 1

4x

4x25 on :40

- 1 x 15 fast, 10 smooth (no breath on FAST)

- 1 x build to last 10 fast (no breath last 10)

- 1 x fast (no breath)

- 1 x smooth - DA back

100 on 1:40 - 50 Smooth - 25 power on - 25 Tip drill

Aerobic / Speed

6x200 with fins on 3:00

- **Odds** - first and last 25 all out, no breath swim, middle 150 Smooth (bk, fr, choice by 50)

- **Evens** - first and last 50 fast, middle 100 dolphin kick on back strong

Speed set 2 (fins)

8x

25 PUSH fast underwater fly kick 16s and fly mx to finish (45)

25 1/2 underwater fly kick 2 st B/O rest ez (45)

50 mx PUSH 2 under pb (2)

Warm down

x4

4 x 25 1/2 u/water - rest ez (45)

100 free 1/2 water every turn rest ez

WARM UP :

6 X 100 AS 75 (60) FR ST - 25 IMO MX (45) EXTRA FLY + BR

100 FR KICK (1.50)

200 MS KICK (3.40)

300 MS KICK (5.20)

400 MS KICK (7)

12 X 50 ALL OUT KICK (60)

AEROBIC SPEED AS

20 X 100 FR AS (FLY SWIMMERS FINS ON)

5 @ 1.25 - 1.30

5 @ 1.20 - 1.25

10@ 1.15 - 1.20

SPEED KICK

4 X 25 FR KICK MX (40)

100 EZ (2)

8 X 100 BK SMOOTH (1.45) MUST HIT

TURN 1 10 FL KICKS

TURN 2 8 FL KICKS (ALL KICKS MX)

TURN 3 6 FL KICKS

16 X 25 MX EFFORT SWIMS DEAD START - FROM TURN (60)

400 EZ

IM WORK OUT | FAREHAM NOMADS 2019/20

Fri Sep 04 '20 - 6:00 am 25 Meters

Default interval: 1:30 per 100

Warm up :X2

400 Fr (6)

4 x 100 IMO kick (2)

4 x 50 IMO D (60) (2K)

SPEED

4 X 200 IM AS ; (3.30)

25 KICK - 25 SPRINT (.8= 2.8K)

MAIN SET

12 X 75 (SPEED)

1. 50 FL - 25 BK (50S 60 - 25S 40)

2. 25 FL - 50 BK

3. 50 BK - 25 BR

4. 25 BK - 50 BR

5. 50 BR - 25 FR

6. 25 BR - 50 FR

200 FR B / PAD (4)

MAIN SET 2

X4 (IMO)

3 X 25 + 50

25S 30 50 S 2 MIN

MAIN SET 3

16 X 25 IMO (30) SPEED

8 X 100 KICK IMO (2)

400 BK EZ (3) (8.K)

Heart Rate ;

10 x 75 as 50 Fr (45) - 25 MS FAST (45)

KICK SET X3

150 MS KICK 100 B - 50 MX (3)

150 MS KICK 50 ST - 50 B - 50 MX (3)

50 MS KICK MX (60) SUB 40

3 X 100 REC FR (1.40)

10 X 200 FR AS (BIG EFFORT)

3 @ 2.30 - 2.40 30BBM

3@ 2.40 - 2.50 20 BBM

3 @ 2.50 - 3 10 BBM

1 MAX 1 MAX

RECOVERY

100 EASY (3) 16 X 50 IM SWITH K/D /S (60)

10 X 100 MS @ (HARD EFFORT)

3 @ 30BBM - 1.50

3 @ 20BBM - 2

3 @ 10BBM - 2.10

1 @ MX 3

RECOVERY

100 FR EASY (3) 16 X 50 IM SWITCH (60)

10 X 50 FR (ALL OUT SPEED)

3@ 50 30BBM

3 @ 60 20BBM

3 @ 1.10 10 BBM

1 @ MX (2)

RECOVERY

100 FR (3) 16 X 50 IM SWITH (60)

SPEED PART X4

4 X 25 PAR /F/ PD ALL OUT MX (1.15)

2 X 25 FINS ALL OUT MX (1.15)

1 X 50 OFF BLOCK TIMED AIM FOR PB

X4 SPEED KICK

1 X 25 KICK FR (30)

100 ALL OUT KICK (60) MS

2 X 25 KICK FR (30)

150 UNDER 200 PB (4) MS

WARM UP

200 FR (3.10) - 8 X 50 MAIN STROKE DRILL (60)

200 IM (3.30) - 8 X 50 MS BUILD (60)

200 MS KICK (4) - 4 X 50 FR HARD (50)

PRE SET :

4 X 50 MS DRILL (60)

DIVE 25 TIMED (HARD)

KICK SET :(MAIN STROKE)

50 (60) 100 (2) 200(4) 100 (2) 50 (60) (ALL OUT MX)

100 EZ SWIM (2)

HIGH INTENSITY

4 X 50 FR @65 (HARD)

4 X 50 MS @65 (HARD)

100 EZ (2)

3 X 50 FR @55 (HARD)

3 X 50 MS @65 (HARD)

100 EZ (2)

1 X 50 FR @ 50 (HARD)

1 X 50 Ms @65 (HARD)

100 EZ

TURN PRACTICE

(TOTAL == 4.550)