

A2 THRE | FAREHAM NOMADS 2019/20  
Mon Sep 07 '20 - 7:30 pm 25 Meters  
Default interval: 1:30 per 100

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A2 / THRES

WARM UP

3 X 400 (5.40) DES 1-3

6 X 100 KICK

(O) FR (1.50)

(E)MS (2.00)

MAIN SET

X2

(O) 200 FR (2.50 / 3 ) HARD

200 FR (3.30 / 3.45) MOD

(E) 200 MS (3.15) HARD (BRST 150) FLY FINS ON

200 MS (3.45) MOD (BRST 150)

WARM DOWN

6 X 100 FR BANDS SWIM (1.35)

12 X 25 FLY (30)

(O) SWIM

(E) KICK

300 EASY SWIM DOWN

**WARM UP**

8 X 100 75 BK (1.15) - 25 FLY (45)

(.8)

x2

**RND 1 FR - RND 2 MS**

4 x 100 75 smooth - 25 blast :1.50

4 x 25's kick all out on :45

3 x 100's kick negative split on 1:50

4 x 25's kick all out on :40

2 x 100's kick last 75 fast on 1:50

4 x 25's kick all out on :35

1 x 100 kick all out on 1:50

4 x 25's kick all out on :30

100 EASY SWIM (2)

(3K) (3.8)

**WARM DOWN**

10 X 75

25 FR - 25 FLY - 25 BK

25 BK - 25 BR - 25 FLY

(.750) -(4.550)

AEROBIC 2 / ENDURANCE

WARM UP

12 X 50 FR / BK

(O) 50 SWIM (HOLD 16 SC) (60)

(O) BR 3D1UP

(E) 25 SAL / 25 SAR (1.10)

(E) BR 2 D1UP

KICK SET

8 X 100 FR / BK / BR KICK

3 MX (1.45)

1 ST (2) (1.4)

SPEED

4 X 25 AS

(O) 1/2 MX 1/2 EZ

(E) LAST 10 MX NO BREATH

(0.1) (TOTAL 1.5)

ENDURANCE SET

10 X 400 AS CLOSE TO SUB 5 AS YOU CAN

4 ON 6

BR 300 KICK HARD

3 ON 5.45

3 ON 5.30

(4.0)

TOTAL (5.5)

WARM DOWN

3 X 100 BACK (1.40)

(.3) TOTAL (5.8)

Warm up :

8 x 150 Fr Pull bands +pd (2.30)

12 x 50 as:(o) sets fr (e) ms

(O) DRILL /BUILD

(E) SPEED / DRILL

KICK SET x4 MS KICK /IMERS 1 ON EACH STROKE

3 X 100 FAST (1.45)

4 X 25 ALL OUT (60)

2 X 50 EZ KICK (1.15)

8 x 300 par chute and fins +pd (5)

200 ez

(6.4)

WARM UP :

12 X 100 AS

75 FR (1.15) - 25 MX MS (45)

3 X 150 MS KICK SUB 200 RP (3 .15)

8 X 25 FINS MS ALL OUT MX (50)

Aerobic

800 FR PULL BANDS +PD (-VE SPLIT) 14 - 6 X 50 FR SWIM HARD

600 BK PULL BANDS + PD " " 11 6 X 50 FL HARD (1)

400 BR / FLY PULL " " " 7 6 X 50 MS (1)

12 X 100 KICK

(O) FR (1.50)

(E) MS (2) ALL HARD

12 X 25 PAR HARD (50) FAST

200 EASY (3)

WARM UP

3 X 400 AS:

1. FR 5.30 - 5.45

2. 50 FR / 50 BK (5.45) - (6.15)

3. BK (6) - 6.15

3 X 200 AS: (3.15)

1. IM K/D

2. IM D/S

3. IM

4 X 100 FR (DES 1 -4 ) 1.40

SPEED

4X 25 AS ;

(O) 15 MX U/W (40 )

(E) MS BUILD (40 )

4 X 150 M/S KICK (2.45) DES 1 - 4

AEROBIC

16 X 25 FLY SWIM (30) / KOB (30)

4 X 75 BK FAST / EZ / FAST (1.30)

200 FR (2.45)

300 CHOICE

### **Warm Up:**

300 swim (4.30)

### **Pre-Set:**

6x25 @45 swim best stroke build 1-3 to 90% effort, all with fast breakouts.

### **Main Set 1(Go Time!)**

10 x 25 swim @:40

100% absolute sprint to the 15m mark.

(6 Fly kick off deep end / 4 off shallow end /fast b/out

200 ez swim 6 fl kick off walls fast (4)

**sprint group ;(NO SPRINT GROUP THIS WEEK )**

4 X 25 Par sprint fins @pdd (60)

5 x 200 Off (8) FINS UNDER PB

8 x 100 @1.40 Fr Build last 25 fast ms (BES)

8 x 50 Fins 25 mx Fr 25 Ms ST MX (1.15)

### **200 Group : x4**

100 mx (2) BES

100 recovery (2)

2 x 50 (60) mx BES

300 recovery

8 x 100 mx @ 1.40 Fr Build - 25 mx ms

8 x 50 mx fins @ 1.15 25 Fr mx - 25 Ms mx

### **Warm down**

200 im d (3.30)

8 x 25 15mx - 10 ez (45)

300 bands +paddles (5)

Critical Speed Set

Warm up :

8 x 100 as

(o) Fr long smooth clean water - 25 blast straight arm (1.45)

(e) m/s 75 kick / 25 speed drill (2)

x 4

2 x 25 (15mx UNDER WATER) 40 rest

2 x 25 Fins / Pd 20 mx (1.10)

1 x 50 Perfect tech (1.15)

3 times through the following: (100 RACE SPEED )

RND 1 @ 3 FR

RND 2 M/S NO FREE

6 x 25 swim at goal time

on :40

4 x 50 swim at goal time

on 1:20

2 x 75 swim at goal time

on 2.0

1 x 100 swim WITH PB + 3

on 2:20

1 x 200 easy

on 4:00

Warm Down :

16 x 50 Pull / Bands / (BK / FR ALT)

4 on 50

4 on 60

4 on 70

300 ez



8 x 200 as (2.20)  
150 FR SMOOTH /50 FLY MX  
150 BK SMOOTH / 50 BR MX  
12 x 50 as  
(O) Drill m/s (60)  
(E) 25 Speed Drill / 25 4 Strokes mx (1.10)  
KICK SET X4  
4 X 50 M/S KICK (65)  
100 FR EZ (2)  
4 X 50 M/S KICK (60)  
100 FR EZ (2)  
4 X 50 M/S KICK ( 55)  
100 FR EZ (2)  
4 X 50 M/S KICK (50)  
100 FR EZ (2)  
4 X 50 200 RACE PACE (60) under 200 pb ms  
500 EASY SWIM  
(5.5)

WARM UP :

X2 (FINS AND PADDLES )

200 FR (3)

150 MS DRILL - SPEED AS (3)

100 D - 25 B - 25 FST

4 X 75 MS (D - 50 - 25 MX )

(1.3)

SPRINT KICK X3

75 (1.30) - 25 (30)

50 ( 60) - 50 (60)

4 X 25 (30)

50 (60) - 2 X 25 (30)

75 (1.30) - 25 (30)

(1.5) - (2.8)

RACE SET :

8 X 50 MS (65) HOLD 200 RP

1 X 200 EZ (4)

8 X 50 MS (55) HOLD 200 RP

1 X 200 EZ (4)

8 X 50 MS (50) HOLD 200 RP

1 X 200 EZ (4)

(2.2) -(5K)

WARM DOWN

12 X 100 MS KICK (1.50)

16 X 25 FL (O) UW - (E) FL MX

(2K)

Warm up ;

400 FR / BK (6)

8 X 100 KICK MS (1.50)

800 FR PULL B + PD (12)

24 X 25 IMO AS (6 ON EACH ST )

2 DRILL 1 SWIM (40)

AEROBIC

1 X 200 FR (2.45 - 2.50 - 3 ) - 4 X 200 IM (3 - 3.10 - 3.15)

1 X 400 FR (5.30 - 5.45 - 6 ) - 3 X 200 IM

1 X 500 FR (7.20 - 7.40 - 8 ) - 2 X 200 IM

1 X 400 FR ( AS ABOVE ) - 1 X 200 IM

WARM DOWN

2 X 400 PULL B-PD

A2 LONG SPRINT M/S

2 X 750 PULL (10) DES 1 - 2

SPEED SET

20 X 25 AS (40)

odds: Free - 4 dolphin kicks - 2 breaths(FAST KICK )

Evens Im order Fast (Turn over stroke fast )

3x500 swim @ 6:20 Desc 1-3 (brst swimmers pull b/pb /pd)

1. neg split

2. des by 100s

3 . Strong

Race Speed (200)

10x50 @ :50 hold t.t time

200 EZ

FLG TO FLG SPRINTS

16 X 25 (50) DEAD START

3 X 100 SWIM DOWN 1,40

**Warm up :**

4 x 200 FR AS

(O) Smooth 16 st per length (3)

(E) Kick (3.45)

x3 (fins)

4 x 25 fly kick under water (45)

1 x 50 hold 32

**Speed Drill (fins)**

8 x 25 as (45)

6/12/6 all mx

**Main set (1)**

x6

4 x 50 @1.30

2 x 25 @ 50

**all at top speed**

24 x 25 mx kick (35/25)

**Set 2**

16 x 50 par chute hard at (65 ) (fins/ paddles)

**WARM DOWN**

10 X 100 BK SMOOTH + STRECH OUT

STARTS + TURNS