

mid distance fc threshold | Junior Performance

Fri Sep 11 '20 - 7:30 pm 25 Meters

Default interval: 2:00 per 100

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Warm Up-

3x200 bk 3:45

12x50 1-6) 1:15 25 max k 25 max sw 7-12) 1:20 25 fast 25 max

Main Set-

4x100 fc 1:40

3x200 fc 3:10

2x100 fc 1:35

1x50 Max PB+1/2

4x100 fc 1:40

3x200 fc 3:10

2x100 fc 1:35

1x50 Max PB+1/2

Warm Up-

10x100 O- fc 1:45 E- bk 1:50 Fast starts and turns  
4x100 kick rotation

Main Set-

ALL MAX MS

2x150 3:15  
2x75 2:00  
2x25 :45

16x25 4@:45 4@:40 4@:35 4@:30

2x150 3:15  
2x75 2:00  
2x25 :45

16x25 4@:45 4@:40 4@:35 4@:30

2x150 3:15  
2x75 2:00  
2x25 :45

16x25 4@:45 4@:40 4@:35 4@:30

LANE ROPES OUT FAST TURN WORK

IM A2 | Junior Performance  
Thu Sep 10 '20 - 6:00 am 25 Meters  
Default interval: 2:00 per 100

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Warm Up-

9x100 1- fc 1:45 2- bk 1:50 3- brst 2 down 1 up 2:10

Main Set-

4x200 IM (25 k 25 max swim) 4:00

10x75 max IMO 1:40

1- 50 fly 25 back

2- 50 back 25 breast

3- 50 breast 25 free

4- 75 free

5- easy

16x25 max imo :40

Multi Stroke A2 | Junior Performance  
Mon Sep 07 '20 - 7:00 pm 25 Meters  
Default interval: 2:00 per 100

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Warm Up-

4x200 O- fc 3:30 E-bk 3:45  
4x50 bk paddle drill  
4x50 sailing boat  
2x100 bk lay up

Main Set-

3x200 fc 3:20  
2x100 bk 1:45  
3x200 fc 3:15  
2x100 bk 1:45  
3x200 fc 3:10  
2x100 bk 1:45