

200 threshold work | Junior Performance
Mon Sep 14 '20 - 7:00 pm 25 Meters
Default interval: 2:00 per 100

Warm Up-

4x100 1:45 desc 1-3 hold 4

4x100 1:50 desc 1-3 hold 4

6x50 fc wf high arm rec drill

8x50 1:45 1-4) ms no free 5-8) fc 25 max k 25 max swim

Main Set-

200 free hard 2:55

200 free mod 3:35

200 ms hard 3:15

200 ms mod 3:45

200 free hard 2:55

200 free mod 3:35

200 ms hard 3:15

200 ms mod 3:45

Cool Down-

400 oc swim

Warm Up-

4x100 fc fast starts and turns
4x100 ms fast starts and turns
4x50 brst 2 down 1 up

Main Set-

4x25 max fly wf :30
4x50 max fly wf 1:30
4x25 max fly wf :30
4x50 max fly wf 1:30
4x25 max fly wf :30
4x50 max fly wf 1:30
4x25 max fly wf :30
4x50 max fly wf 1:30

10x25 1:00 fly k uw and fly max swim

Kick Set | Junior Performance
Thu Sep 17 '20 - 7:30 pm 25 Meters
Default interval: 2:00 per 100

Warm Up-

4x200 O- fc 3:30 E- bk 3:45

6x50 1:10 fast starts and turns 1-4) ms 5-8) fc

6x50 1:15 25 easy 25 max 1) start 2) turn 3) finish

Main Set-

all max K

4x50 free 1:10

100 num1 2:10

4x50 free 1:05

200k num 1 4:20

4x50 free 1:00

300 num1 6:30

4x50 free :55

400 num1 8:40

16x25 max fc k 4@60 4@50 4@40 4@30

FC Thresh | Junior Performance
Fri Sep 18 '20 - 7:30 pm 25 Meters
Default interval: 2:00 per 100

Warm Up-

2x300 bk 5:15

16x25 :40 max swim 1-8) ms 9-16) fc

Main Set-

1x400 fc 6:20

1x200 fc 3:15

1x200 fc 3:10

2x200 fc 3:05

1:00 rest

1x400 fc 6:20

1x200 fc 3:15

1x200 fc 3:10

2x200 fc 3:05

2x50 2:00 max 1- ms 2- fc

Cool Down-

400 oc

High Intensity Speed | Junior Performance
Sat Sep 19 '20 - 6:00 am 25 Meters
Default interval: 2:00 per 100

Warm up-

200 fc 3:30
4x50 build fc 1:00
200 bk 3:45
4x50 build bk 1:00
200 im 4:00
4x50 build IMO 1:00
200 k ms 4:20
4x50 build k ms 1:10

Main Set-

4x50 max ms no free 1:15
4x50 max fc 1:20
150 rec
2x50 max ms no free 1:05
2x50 max fc 1:10
150 rec
1x50 max ms no free :55
1x50 max fc 1:00

Cool Down-

400 oc