

A2 / LAC TOL | STINGRAYS  
Mon Oct 05 '20 - 7:00 am 25 Meters  
Default interval: 2:00 per 100

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WARM UP ;

400 AS 75 FR / 25 BK (6)

4 X 100 FR DES 1- 4 (1.30)

200 MS KICK (4)

(1.0)

SPEED

12 X 25 MS

(O) MX / EZ

(E) EZ / MX

(.3) = ((1.3)

LAC TOL

3 X 100 MS DES TO MX (2) - 100 REC (2)

4 X 50 MS MX (60) - 100 REC (2)

2 X 100 MS MX (2) - 100 REC (2)

4 X 50 MS MX (6) - 100 REC (2)

100 MS MX DIVE (2) CLOSE AS POSSIBLE TO PB (2)

(1.4) = (2.7)

KICK SET

6 X 150 KICK (2.30) MS

6 X 50 AS FAST KICK (60)

200 FR EASY (4)

(1.4) = (4.1)

**Warm-Up:**

3 x (200 @ :2.45 rest free

2 x 50 @ 1:00 25 high arm , 25 finger tip swim

**Preset:(fins)**

8 x 100 @ 1:45 choice 25 kick, 25 drill, 50 swim min. strokes

4 x 150 @ 2:30 100 free, 50 nonfree build

((1.2)

**Main Set:**

3 x 400 @ 5:00 (5:30) free dec. 1-3

200 @ 3:30 backstroke

4 x 300 @ 3:45 (4:10) free w/paddles dec. 1-4

200 @ 3:30 backstroke

5 x 200 @ 2:30 (2:45) free w/paddles & zoomers dec. 1-5

200 @ 3:30 backstroke

((4K) (5.2)

**Speed / Leg Set:**

12 x 50 @ :3mx kick - 1 steady (50)

6 x 150 @ 2:30 50 choice kick (hard) , 100 IM(fast)

(1.5) - (6.700)

Warm down:

300 easy swim

(7k)

## Speed kick set

1x200 loosen (3.30)

10x50 @ 55(o) choice kick (e) fly kick w/board & Desc 1-5

10x50 @ 50 Desc 1-5 (choice kick )

10x50 @ 45 kick strong (choice kick )

8x25 @ 40 no air odd's fast flip, hands on deck even's fast finish (accelerate legs flags to wall)

(o) fr (e) fly

(1.9)

## Main set

9x50 @ 1:30 MAX EFFORT KICK

1x50 SWIM mx timed (1.30)

7x50 @ 1:30 MAX EFFORT KICK

1x50 SWIM

5x50 @ 1:30 MAX EFFORT KICK

1x50 SWIM

3x50 @ 1:30 MAX EFFORT KICK

1x50 SWIM

1x50 MAX EFFORT KICK

1x 50 Dive close to pb

(1.5) (3.4)

## warm down

x3 (fins )

200 fr finger tip drill every turn 10 mx fly kicks (3)

2 x 25 fly with fr kick (30)

2 x 25 (o) u/water / (e) fist 4 st mx (30)

50 Bk (50) smooth

(1,050) - (4450)

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 to pb + 5

(2.2)

SPEED

4 X 25 AS ;

(O) 15 MX U/W (40 )

(E) MS BUILD (40 )

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

(.7) (2.9)

AEROBIC

16 X 25 FLY SWIM fr kick (30) / KOB last 7 mtrs fly mx to wall (30)

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

200 FR (2.45)

300 CHOICE

(1.2) (4.1)

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)

Warm up

200 Fr smooth (3.15) - 100 BK (1.40)

(Fins)

x 5

50 Fly kick (on back fast ) (50)

2 x 50 Fly kick boards (55)

50 As Fly kick arms by side /25 Fly swim (1.10)

Pre Set

6 x 100 Main ST AS

50 Drill /25 Build to fast / 25 strong (2)

4 x 25 (60)

(O)Blast

(E) Blast 6 cycles fromTURN

Main Set (Satans 50s )

1 Round M/s (60)

2 Round Fr (50)

X2

4 x 50 As 25 Fast / 25 Stroke count

3 x 50 @ 200 Race Pace +1

2 x 50 As : 25 Drill/ 25Build

1 x 50 Mx (PUSH) B/E 50

1 Min Rest

4 x 50 @ 200 Race Pace +2

3 x 50 @ 200 Race Pace +1

2 x 50 @ 200 Race Pace

1 x 50 Max (PUSH ) B/E 50

1 Min Rest

Warm down set

10 x 50 As 50 Streamline Kick / 50 Back swim (60)

800 Pull (Bands) Every 4 Length 50 Fast (Paddles)

10 X 50 Low Aerobic Tech (60 )

Alt Fr / M/s

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