

Aerobic | Junior Performance
Mon Oct 12 '20 - 6:00 pm 25 Meters
Default interval: 2:00 per 100

Warm Up-

3x200 bk 3:30

3x100 fly k on back max fly swim no br in red zone

Pre Set-

200 fc pull 3:30

2x100 fc pull 1:45

50 Max swim ms 1:30

200 fc pull 3:30

2x100 fc pull 1:45

50 Max swim ms 1:30

200 fc pull 3:30

2x100 fc pull 1:45

50 Max swim ms 1:30

Main set-

400 hard fc 6:10

400 easy oc 7:00

300 hard bk 4:45

300 easy oc 5:30

200 hard IM 3:20

200 easy oc 3:45

100 hard ms 1:25

100 easy ms 2:00

Warm Up-

10x100 O- (75 fc 1:15 25 fly max :45) E- (75 bk 1:20 25 fly max :45)

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

Kick | Junior Performance
Thu Oct 15 '20 - 7:30 pm 25 Meters
Default interval: 2:00 per 100

Warn Up-

200 (100 fc 100 bk) 3:25

4x50 max ms k 1:10

200 (100 fc 100 bk) 3:25

4x50 max ms k 1:10

Pre Set-

16x25 imo :45 min 6 fly kicks uw 5 strokes max no breathing

Main Set-

ALL MAX K

4x50 free 1:10

100 num1 2:15

4x50 free 1:05

200k num 1 4:30

4x50 free 1:00

300 num1 6:45

4x50 free :55

400 num1 9:00

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

Warm Up-

200 oc smooth

200 fc hard 3:20
3x25 max fc :30
1x25 max fc 1:00

200 bk hard 3:30
3x25 max bk :30
1x25 max bk :30

200 ms hard 3:30
3x25 max ms :30
1x25 max ms :30

200 oc

Main Set-

400 fc 6:20
300 fc 4:45
200 fc 3:10
100 fc 1:35
1:00

400 bk 6:40
300 bk 5:00
200 bk 3:20
100 bk 1:40
1:00

400 fc 6:20
300 fc 4:45
200 fc 3:10
100 fc 1:35

Warm Up-

FINS

2x200 3:45 (150 fc 50 fly k on back)

6x100 1:45 (75 bk 25 max fly)

Main Set-

2x400 fc desc 6:30

200 rec

3x300 fc paddles desc 4:45

200 rec

4x200 fc paddles fins desc 3:00

Warm Up-

200 (100 fc 100 im) 3:40
2x25 max ms :45 1) fad 2) fap
100 fc smooth 1:45

200 (100 fc 100 im) 3:40
2x25 max ms :45 1) fad 2) fap
100 fc smooth 1:45

200 (100 fc 100 im) 3:40
2x25 max ms :45 1) fad 2) fap
100 fc smooth 1:45

200 (100 fc 100 im) 3:40
2x25 max ms :45 1) fad 2) fap
100 fc smooth 1:45

Main Set-

4x25 max bk :30 FAP
150 max bk TT 2:15 FAS
125 oc swim 3:00

4x25 max oc :30 FAP
150 max oc 2:15 FAS
125 oc swim 3:00

4x25 max im :30 FAP
150 max im TT 2:15 FAS
125 oc swim 3:00

4x25 max fc :30 FAP
150 max fc TT 2:00 FAS
125 oc swim 3:00

Cool Down-

400 oc