

Warm Up :

200 Fr (Slow mo) 3.30 - 100 ms (ics-pb+15) - x 3

(900)

200 Ms kick _ve split (4) - 2 x 100 ms kick des 1-2 (1.50)

10 x 50 as (o) Fr 45 smooth - (e) ms 15 mx - 35 ez (fr) (55)

(700) = (1.6)

Speed Group

1 x 50 st (60) 4 x 50 @ 200 Rp (60)

1 x 75 st (1.30) 3 x 75 @ 200 Rp (1.30)

1 x 100 st (2) 2 x 100 @ 200 RP (2)

1 x 75 st (1.30) 3 x 75 @ 200 RP (1.30)

1 X 50 st (60) 4 x 50 @ 200 RP (60)

(1.5) = (3.1)

Distance Group

30 x 50 Fr (hold 32 - 34) @(50)

(1.5) = (3.1)

Warm Down

4 x 200 as 1. Fr (2.45) - 2. Fr / Bk (3) - 100 Fr - 100 lmd (3.10) - 4 50 Bk - 150 FL 6 K - 4 full st(3.20)

4 x 75 (50 st - 25ms as 1/2 mx 1/2 ez (1.20)

400 ez (6)

(1.5) + (4.6)

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)

Running Total = (9,050)

Warm UP :

8 X 75 Fr as

2@ 1.10 - 2 @ 65 - 4 @60 (work turns / Bo / finishes)

x3	Rnd 1/ 2 k	Rnd 3 fr or bk
150 as 100 st - 50 mx	3	2.15
100 as 50 st - 50 mx	2	1.30
50 as mx	1	1

200 bk work 6 kick of all walls (4)

(1.7)

Thres set (1)

10 x 200 as ;

3 @ aerobic @2.50

3 @ ant @ 3

3 @ Mvo2 @ 3.20

1 @ max @ 4

(2k) = (3.7)

Recovery ;

100 ez (2) - 16 x 50 im s k/d (60)

(900) - (4.6)

Thres set (2)

3 @ aerobic (2)

3 @ ant (2.15)

3 @ mvo2 (2.30)

1 @ mx (3)

(1) = (5.6)

Warm Down

4 x 100 as

50 fr - 25 imo d - 25 bk (1.40)

(.4) = (6k)

Warm Up :

4 x 100 Fr as (50 s - 50 d (high arm - st arm -) (1.50)

2 x 200 Fr pull ve split (3)

400 Fr (5.45)

(1k)

Aerobic

40 x 50 fly (fins) (50)

1 - 10 kick with board

11 - 20 swim smooth last 10 mx no brth

21 - 30 6 k - rot - 4 mx swim no breath

31 - 40 alt dr - mx swim

(2k) = (3)

Warm Down

600 as

100 imd - 100 fr (8)

(6) = (3.6)

Speed

8 x 25 as

4 Fr - 4 ms (d/mx) (45)

(2) = (3.8)

6 x 100 fr (1.30)

(6) = (4.2)

TOUGH AEROBIC SET | FAREHAM NOMADS 2019/20

Fri Oct 16 '20 - 6:00 am 25 Meters

Default interval: 2:00 per 100

WARM UP :

5 X 100 FR 1.40 - 1.20

300 BK (Build each 100) (4.30) (800)

(8)

AEROBIC

8 X 50 MS KICK AS 25 ST / 25 MX (60)

4 X 100 MS KICK DES 1 -4 (2)

400 MS KICK TIMED (8) (Timed)

200 EASY FR (4)

(1.4) = (2.2)

3 X 800

1. FR NEG SPLIT (11.15)

2. IM AS 50 FLY 100 BK 150 BR 200 FR 150 FLY 100 BK 25 BR 25 FR (13.30)

3. BK NEG SPIT (12.30)

(2.4) = (4.6)

Speed Set

16 x 25 (40) FTF

(4) = (5k)

WARM UP ;

600 FR (8.30)

400 MS KICK NEG SPLIT (8)

100 EZ

LAC PROD MS X 2

4 X 50 AT B/END SPEED (200 RP)1.30

1 X 25 ALL OUT (60 / 45)

3 X 50 AS ABOVE

2 X 25 AS ABOVE

2 X 50 AS ABOVE

3 X 25 AS ABOVE

1 X 50 AS ABOVE

4 X 25 AS ABOVE

X4

2 X 150 FR B +PD (2.20)

100 MS (20

50 MS DRILL (60)

Set : Sprint Set

Warm-up 6 x 200 (150 free / 50 kick)

Snk (no board to kick)

Pre-Set 8 x 100 odd: IM / even: Free odd on 1:45 / even on 1:30

Pull Set Pull Ladder with paddles (free)

Breathe 3-5-7-9 by 50

50, 100, 150, 200, 150, 100, 50 15 sec rest in between each

(2.8)

MAIN SET X2 1ST SET FR - 2ND SET MS

6 x 50 Build (55)

3 x 50 Drill (60)

3 x 50 Sprint - All Out (50)

Cycle 2 times through

(6) = (3.4)

X4

Kick Set 100 Kick (1.50)

4 x 25 Blast Kick(12.5 all out) (45)

Cycle 4 time through

1&2 fr or bk kick / 3&4 M/s

Drill Set 300 (25 Drill / 25 Swim) EZ

(1.1) = (4.5)

mix it up strokes

Speed x2 set1 fr / set 2 ms

10 x 25 Sprint

1-5 12.5 yds fast / 12.5 yds EZ

6-10 12.5 EZ / 12.5 fast

Mix strokes up on the :40

100 ms d (1.50)

(7) = (5.2)

WARM DOWN

200 FR

(2) = (5.4)

WARM UP

800 FR SMOOTH LAST 15 OF EACH 100 MX

12 X 50 (60)

(O) MS DRILL

(E) 25 BUILD / 25 MX

(1.4)

PRE SET

X 8

1 X 50 DRILL (60)

3 X 25 MS (MX) (60)

(1) = (2.4)

PRE SET x2

3 X 150 M/S DRILL (3)

1 x 50 25 b - 25 mx (60)

(1) = (3.4)

MAIN SET

X4

50/50/50 (60) BACKEND SPEED

150 FR (RECOVERY) (3.30)

(1.2) = (4.6)

WARM DOWN X 2

4 X 25 SPRINT STARTS (50) / RND TURNS (MID POOL)

100 EASY (2)

400 FR RECOVERY (6.30)

(1.4) = (6k)