

A2 Development | Junior Performance  
Mon Oct 19 '20 - 7:00 pm 25 Meters  
Default interval: 2:00 per 100

---

Warm Up-  
400 oc

Main Set-

1x200 fc 3:20  
4x100 bk 1:45  
1x200 fc 3:20  
4x100 bk 1:45  
2x200 fc 3:10

8x 15m IM flag2flag 1:00

1x200 fc 3:20  
4x100 IM 1:50  
1x200 fc 3:20  
4x100 IM 1:50  
2x200 fc 3:10

8x 15m IM K flag2flag 1:00

Warm Up-

300 fc paddles 5:10

8x25 ms :40 O- max k E- max sw

300 fc paddles 5:10

20x25 fly wf :45

100 back

Main Set-

3x200 fc 3:15

:30

3x200 fc 3:10

:30

3x200 fc 3:05

Warm Up-

FINS

1x200 fc 3:15

1x50 fc high arm rec 1:00

1x200 bk 3:25

1x50 bk sailing boat d 1:10

1x200 fc 3:15

1x50 fc high arm rec 1:00

1x200 bk 3:25

1x50 bk sailing boat d 1:10

8x15 flag2flag 1:00 2 fc 2 fc k

Main Set-

9x50 max kick 1:30

1x50 max swim 1:30

7x50 max kick 1:30

1x50 max swim 1:30

5x50 max kick 1:30

1x50 max swim 1:30

3x50 max kick 1:30

1x50 max swim 1:30

1x50 max k 1:30

1x50 max swim 1:30

Cool Down-

8x100 O- fc 1:40 E- bk 1:45

Warm Up-

4x200 O- fc 3:20 E- bk 3:30

6x50 1:20 1-4) ms 5-6) fc (25 max k 25 max sw)

Main Set-

1x200 fc 3:15

3x100 bk 1:40

5x100 fc 1:40

1x200 fc 3:15

3x100 bk 1:40

5x100 fc 1:40

1x200 fc 3:15

3x100 bk 1:40

5x100 fc 1:40

A2 Endurance | Junior Performance  
Sat Oct 24 '20 - 6:00 am 25 Meters  
Default interval: 2:00 per 100

---

Warm Up-

4x200 O- fc 3:20 E- bk 3:30

Fins

20x25 fly :40

Main Set-

Top Lane

20x100 fc 1:30

Middle Lane

20x100 fc 5@ 1:35 15@1:40

Bottom Lane

20x100 3@1:35 17@ 1:40