

Speed | FAREHAM NOMADS 2019/20
Sun Oct 25 '20 - 6:00 am 25 Meters
Default interval: 1:30 per 100

200 Fr (3) - 100 fly KICK on Bk (2)
150 Bk (2.15) - 2 x 50 FLY 221 (50)
100 IM (1.45) - 4 X 25 FLY MX (25 / 35)
(750)
MS SPEED
12 X 25
1 - 8 PAR / PAD / FINS (50) ALL OUT MX
9 -12 FINS ALL OUT SPEED (60)
(3) (1,050)
SUPER 500 KICK
75 (1.15) - 25 (25)
25 (25 - 50 (50) - 25 (25)
50 (50) - 50(50)
100 (2)
25 (25) 25(25) 25(25) 25(25)
200 EZ SWIM BK SMOOTH
700 (1750)
SPRINT SET MS
4 X 100 FR DES 1-4 HEART RATE UP
16 X 25 AT 100 RP 40 / 35 / 30 /25 (4S)
100 EZ (2)
16 X 25 AT 100 RP 40 / 35 /30 /25 (4S)
4 X 150 FR FINS / PADS (2.10) HOLD SPEED AND TECH
4 X 100 KICK FINS 25 FAST - 75 EZ (1.40)
4 X 50 CHOICE (NO FINS - OR FREE)
2.3 (4550)
300 EZ SWIM BK
(4550)

Warm up :

x2 (fins)

200 Fr smooth / long (2.50)

4 x 25 1/2 under water mx (45)

8 x 25 race stroke (45) as

15 mx - 20 mx - 25 mx - 25 recovery

100 lossen

Race part (hit you times)

1x Dive 75 fast (5mins)

1x Dive 50 fast (3 mins)

warm down

10x100 on 1:40 with fins

- 8 at strong pace (Imers do (o) bk (e) br

- 2 smooth

4 x 25 (o) dive mx 15 (e) ez (45)

8 x turns hard

200 ez