

Warm up : (Fins)

4 x 100 as 75 Bk - 25 Fly Kick on Bk (1.40 - 1.50)

4 x 25 fly kick with board (45) - 100 fly kick on bk (1.50)

4 x 25 fly kick with board (40) - 100 fly 8 fly kick rot 4 fly fast st (1.50)

4 x 25 fly kick with board (35) - 100 fly 441- 331 - 221 -111 (1.50)

(1k)

Pre Set

3 x 100 dec to pb + 10 (1.40)

(3) - (1.3k)

Main Set 1

12 x 25 fly 40 (fins)

200 fly kick on bk (fins) (3.30 - 3.40)

8 x 25 fly 35

200 fly kick with board (4)

6 x 25 fly 30

200 fly kick

4 x 25 fly 25

200 fly kick with board (4)

2 x 25 fly 20

200 fly kick on back (3.30 -3.40)

(1.750) = (3,050)

Pre set

4 x 100 bk (1.40) des 1-4

(4) = (3,450)

Main set 2

30 x 50 (50 - 60) First 15 with fins last 15 with fins

(1.5) = (4,950)

warm down

3 x 100 Fr as 1/2 fly kick under water / fr (1.40)

4 x 25 fly kick u/w (45) - ez bk (45)

(4) =(5350)

Warm Up:

2 x 500 @ :20 rest 300 free, 200 IM(kick, drill)

4 x 75 @ 1:15 back 25 sal , 25 sar 25 swim (fins)

(1.3)

Main Set:

(6 x 150 @ 1:40, 1:50, 2:0 / 1.50

#1&2 - free breathe every 3rd 80%

#3&4 - 100 free, 50 nonfree 90%

#5&6 - 50 free, 100 nonfree(can be IM) FAST

50 @ 1:00 easy choice)

(950) (2.250)

Kick:

3 x (100 @ 1:40 kick strong

2 x :25 fast. kick @ :40

2 x 75 @ 1:20 build

4 x 25 @ :25 kick FAST)

(1.2) (3,450)

18 x 50 @ :50 w/zoomers

Odd - 25 build swim choice, flip, 25 fly kick on back fast

Even - 25 free smooth, flip, 25 fly fast w/1 breath max

(.9) (4,350)

Breast:

8 x 75 @ 1:15 brst

25 pull w/free kick

25 2k1p

25 swim

(6) (4950)

50 choice

(5k)

Warm up ;

200 Bk (3)

8 x 75 :

50 mx kick - 25 easy k (1.30)

25mx kick - 50 easy kick (1.30)

2 x 100 Bk (1.40) smooth

(1075)

Drill Set ; (fins) 50s (50) 25s (30)

3 x 50 high arm drill 2 x 50 touch head 4 x 25 st arm free last 10 really fast

2 x 25 Aussie drill 2 x 25 long dog 4 x 25 sprint drill 12/12 / 6

1 x 50 long dog 1 x 50 build 4 x 25 20 blast

(1375) + (2,450)

Main Set

4 x 150 (2.10 - 2.20) 3 x 150 2 x 150 1 x 150

200 (2.10 - 2.20) 200 200 200

4 x 75 (1.05 1.10) 3 x 75 2 x 75 1 x 75

100 (1.05 - 1.10) 100 100 100

4 x 25 (35 - 40) 3 x 25 2 x 25 1 x 25

50 (35 - 40) 50 50 50

(3,900) = (6,350)

200 ez

(200) = (6,550)

Critical Speed Set FLY SET

4 X 200 FREE PAD / SNK DES 3.10 LAST ONE HRD KICK

8 X 50 FLY KICK PB IN ANKLES (1.10)

4 X 50 FLY WITH PB IN ANKLES (60)

8 X 100 AS (1.50)

(0) 75 DRILL 333/ 222 / 111/ - 25 FLY MX 2 BRTHS

(TOUGH OUT THIS SET ON FLY)

(2.2)

3x through: RND 1+3FR - Rnd 2 ms

1 x 50	(40 meters all out)	on 1:30
1 x 50	(40 meters all out)	on 1:30
1 x 50	(20 meters all out)	on 1:30
1 x 200	easy	
1 x 50	(30 meters all out)	on 1:30
1 x 50	(40 meters all out)	on 1:30
1 x 50	(30 meters all out)	on 1:30
1 x 200	easy	
1 x 50	(20 meters all out)	on 1:30
1 x 50	(30 meters all out)	on 1:30
1 x 50	(30 meters all out)	on 1:30
1 x 50	(20 meters all out)	on 1:30
1 x 200	easy	

(3.3) = (5.4)

Warm up

12 x 100 as (Fins)

(O) Fr smooth / long brth 3/5 (1.40)

(E) Fly kick on BK (1.50)

30 x 50 Fly (60) (Fins)

1 to 10 fly kick on back fast

11 to 20 fly 3/3/1 drill

20 to 30 fly as

(O) swim on 60

(e) swim on 40

(2.7)

Main set

24 x 150 on 2:45 50 Brst Fst

1 to 12 50 Fr / 50 Fly fast / 50 Fr smooth

13 to 24 75 mx fly / 75 fr last 25 mx change mid pool

BK STROKERS WORK

1- 12 50 BK - 50 BK K - 50BUILD

13 - 24 75 BUILD - 75 MX TURN OVER

(3.6) - (6.3)

RACE SET | FAREHAM NOMADS 2019/20

Fri Oct 30 '20 - 7:00 pm 25 Meters

Default interval: 2:00 per 100

WARM UP ;

8 X 100 AS

(O) FR LOOSEN (1.40)

(E) FR BUILD LAST 25 HARD (1.20)

6 X

25 SPEED KICK (30)

50 BUILD KICK (65)

TOTAL (1250)

16 X 25 FTF DRILL HIT SPEED HARD (50)

(400) -(1650)

16 X 100 AS (2)

AS (DIST GROUP)

SPRINT GROUP

(O) 1500 PACE (65)

(O) 75 MX - 25 EZ

(E) EZ

(E) EZ

(1.6) - (3.250)

WARM DOWN X 3

8 X 50 PUSH 35MX - 15 EZ OFF 1.15)

200 EZ (3)

(1.8) = (5050)

WARM UP ;

4 X 150 AS 100 BK - 25FL KICK - 25 MS DRIL (3)

16 X 25 FTF (45) MS OR FR

(1.0)

SPRINT SESSION (HIT THE MX REALLY HARD)

X8 (O) MS - (E) FR

IMERS

25 MX (30) - 25 EZ (60)

25 FL

50 MX (60) - 50 EZ (1.30)

25 BK - 25 BR

75 MX (1.30) - 75 EZ (2)

FR

(1350) = (2,350)

WARM DOWN

200 FR (2.50)

6 X 100 FR KICK (1.50)

8 X 50 MS DRILL

(1.2) = (3,550)

WARM UP ; X4

100 FR (1.40)

4 X 50 MS KICK HARD (60)

(1.2)

PRE SET :

8 X 100 FINS + PADDLES MS D (2)

4 X 50 AS

(O) BUILD (60)

(E) 25 MX - 25 DRILL (1.15)

(1.2) = (2.4)

MAIN SET

4 X 150 best average (2.40) Brst (Fins/ PADDLES on)

{1 x 200 on 4:00 recovery swim

{3 x 150 on 2:40 best average,

{1 x 200 on 4:00 recovery swim

{2 x 150 on 2:50 best average

{1 x 200 on 4:00 recovery swim

{1 x 150 on 3:00 all out

dive start 1.30 t.t time always

TIMES 1.30 (2MINS) Times 2.00 (2.30)

TIMES 1.35 (2.05) Times 2.05 (2.35)

TIMES 1.40 (2.10) Times 2.10 (2.40)

TIMES 1.45 (2.15) TIMES 2.15 (2.45)

TIMES 1.50 (2.20)

TIMES 1.55 (2.25)

300EZ

(2.4) = (4.8)

Speed

8 x 50 Off Blocks (2) close to pb

400 EZ

(8) = (5.6)