

Aerobic - Speed | FAREHAM NOMADS 2019/20

Sun Dec 06 '20 - 5:30 pm 25 Meters

Default interval: 1:30 per 100

Warm up ;

16 x 50 As (60)

(0) Fr 32 st per 50 fast u/w

(E) Fly K / D

Aerobic kick set

2 x 200 kick ms (3.30)

2 x 100 kick ms (1.50) X2

4 x 50 kick ms (60)

200 EZ (4)

AEROBIC SET 2 (X2)

400 FR PULL B + PD (6 .15)

300 MS 50 D - 25 BULD (5.15)

2 X 100 MS BROKEN (25) ON 30 FAST (3)

100 REC FR (2)

100 FR PULL B +PD (1.50)

200 MS D (3.30)

3 X 100 BROKEN (25S ON 30)(3)

400 EZ FR (6 .15)

16 X 25 AS (45)

MS MX - FR EZ

200 EZ

WARM UP

8 X 100 75 BK (1.15) - 25 FLY (45)

(.8)

x2

RND 1 FR - RND 2 MS

4 x 100 75 smooth - 25 blast :1.50

4 x 25's kick all out on :45

3 x 100's kick negative split on 1:50

4 x 25's kick all out on :40

2 x 100's kick last 75 fast on 1:50

4 x 25's kick all out on :35

1 x 100 kick all out on 1:50

4 x 25's kick all out on :30

100 EASY SWIM (2)

(3K) (3.8)

WARM DOWN

10 X 75

25 FR - 25 FLY - 25 BK

25 BK - 25 BR - 25 FLY

(.750) -(4.550)

AEROBIC SPEED | FAREHAM NOMADS 2019/20

Fri Dec 04 '20 - 6:00 am 25 Meters

Default interval: 1:30 per 100

WARM UP

400 IM REV S/D/S/K (7)

200 FR (3)

16 x 25 as 3 ms kick (30) - 1 mx swim (no kick boards)

AEROBIC SET

400 IM D (75- 25 BUILD) (6.30)

3 X 200 BK DES 1-3 (3.15)

200 MS KICK VE SPLIT (4)

3 X 200 AS ABOVE

8 X 100 MS KICK (2)

30 x 25 fly (35)

5 KOB 5 221

5 SAL 5 FRE KICK FLY ARMS

5 SAR 5 FLY BIG KICK

WARM DOWN

12 X 50 BK / BR (2 D 1UP) SMOOTH (60)

aerobic | FAREHAM NOMADS 2019/20
Wed Dec 02 '20 - 6:00 am 25 Meters
Default interval: 1:30 per 100

Warm up ;

400 FR / BK (6)

8 X 100 KICK MS (1.50)

800 FR PULL B + PD (12)

24 X 25 IMO AS (6 ON EACH ST)

2 DRILL 1 SWIM (40)

AREOBIC

1 X 200 FR (2.45) (3) - 4 X 200 IM (3.30) Drill / Swim

1 X 400 FR (5.30) (6) - 3 X 200 IM

1 X 500 FR (8.15) (9) - 2 X 200 IM

1 X 400 FR (5.30) (6) - 1 X 200 IM

WARM DOWN

2 X 400 PULL B-PD