

A2 / KICK SPEED | FAREHAM NOMADS 2019/20

Mon Dec 07 '20 - 6:00 am 25 Meters

Default interval: 2:00 per 100

WARM-UP

200 FR / BK @3.10

4 X 25 MX fins / para Fr @45

MAIN SET

30x50 (ALL KICK MS)

4 kick fast @1

2 swim smooth @1:

4 kick fast @.55

4 swim smooth @.55

4 kick fast @.50

6 swim smooth @.50

4 kick fast @:45

2 swim smooth @:45

WARM-DOWN

6 X 150 Fr FINS / PARA (2.45) HARD PULL

400 IM S-D -K -S (7)

8 X 25 FLY KICK U/WATER (60)

200 EZ FREE

Warm Up:

1000 As ; 100 Free Swim ez - 100 mx kick (fins) - 100 BK EZ - 100 MX KICK

10 x 50 {feet} 50 (fr - or bk)

15 x 100 as (fins)

(o) 50 Fr - 50 Fly/ BR (1.40)

(e) 50 Bk - 50 Fly/ BR

(3k)

AEROBIC

5 X 300 FR OR BK OR 250 BR / FLY (FINS)

1. 4.20

2. 4.15

3. 4.10

4. 4.0

5. SUB 3.50

(1.5) = (4.5)

Kick Set

10 X 100 FR / BK KICK (1.50)

(1.0) =(5.5)

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) (3.40)

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 (60) First 15 without 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)

DISTANCE

WARM UP

2 X 200 BK SMOOTH (3.10) BIG UNDER WATER

4 X 100 FR KICK BUILD (1.50)

8 X 50 SAL / SAR PULL FAST (BANDS / PADDLES)

8 X 25 (O)MX / EZ (E) EZ/MX (45)

MAIN SET FREE OR BACK

4 x 150 free - 200 free @ 2.15 / 2.30

3 x 150 free - 200 free @

2 x 150 free - 200 free @

1 x 150 free - 200 free @

(2.3 MTR)

Round 2

4 x 75 free - 1 x 100 free @ 1.05 - 1.30

3 x 75 free - 1 x 100 free @

2 x 75 free - 1 x 100 free @

1 x 75 free - 1 x 100 free @

(1,150MTR)

Round 3

4 x 25 free - 1 x 50 free @ : 35 - 50

3 x 25 free - 1 x 50 free @

2 x 25 free - 1 x 50 free @

1 x 25 free - 1 x 50 free @

(450MTR)

8 X 100 FR KICK (1.50) (FINS)

RACES TURNS AND DIVES

Warm up :

200 Fr (2.45) X 2

4 x 50 :

(o) Fr Drill high arm drill / st arm build (60)

(E) MS DRILL NO Fr (60)

Speed

8 x 50 as (60) Rnd 1 (Fr)

1. 20 mx Rnd 2 (Ms)

2. 25 mx

3. 35mx

4. Rec

Kick Set (All Max)

4 x 50 Fr (65)

100 MS (2)

4 X 50 Fr (60)

200 MS (4)

4 X 50 FR (55)

300 MS (6)

4 X 50 Fr (50)

400 ms (8)

Speed Set

12 x 25 :(45) (O) SET Fr - (E) SET MS

(O) ALL OUT MX

(E) 15 MX (fast b/ out

WARM Down

200 (FINS)

6 X 25 PT (50)

(O) FR

(E) MS

30 X 25 FLY SMOOTH

(O) 40

(E) 20

100 EZ

A2 / LAC TOL

WARM UP

200 SMOOTH FR (3)

10 X 50 AS

1. BK (60)

2. M/S (50) build speed

KICK SET X4 (RACE KICK)

1 X 150 M/S KICK (SUB 200 PB)

1 X 50 M/S DRILL (60)

1 X 75 M/S KICK (SUB 100 PB)

1 X 50 M/S DRILL (60)

12 X 25 AS (45)

(O) MX/EZ

(E) EZ / MX

LACTATE TOLERANCE

3 X 100 MS D1 -3 (2) 100 EASY 3

4 X 50 M/S MX (1) 100 EASY 3

2 X 100 M/S MX (2) 100 EASY 3

4 X 50 M/S MX (1) 100 EASY 3

1 X 100 M/S MX (2) 100 EASY 3

12 X 50 KICK

EVERY 3 IS 25 MX (60)

200 EASY

16 x 25 f to f drill (45)

Warm down

x8

100 1/2 underwater every turn - rest ez fr (2.15)

4 x 25 1/2 underwater 3 st mx bo (50)

12 x 100 bands + pd (bk pull (1.50)

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)

Warm up

200 Fr smooth (3.15) - 100 BK (1.40)

(Fins)

x 5

50 Fly kick (on back fast) (50)

2 x 50 Fly kick boards (55)

50 As Fly kick arms by side /25 Fly swim (1.10)

Pre Set

6 x 100 Main ST AS

50 Drill /25 Build to fast / 25 strong (2)

4 x 25 (60)

(O)Blast

(E) Blast 6 cycles fromTURN

Main Set (Satans 50s)

1 Round M/s (60)

2 Round Fr (50)

X2

4 x 50 As 25 Fast / 25 Stroke count

3 x 50 @ 200 Race Pace +1

2 x 50 As : 25 Drill/ 25Build

1 x 50 Mx (PUSH) B/E 50

1 Min Rest

4 x 50 @ 200 Race Pace +2

3 x 50 @ 200 Race Pace +1

2 x 50 @ 200 Race Pace

1 x 50 Max (PUSH) B/E 50

1 Min Rest

Warm down set

10 x 50 As 50 Streamline Kick / 50 Back swim (60)

800 Pull (Bands) Every 4 Length 50 Fast (Paddles)

10 X 50 Low Aerobic Tech (60)

Alt Fr / M/s

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