

A2 / KICK SPEED(jnr -p) | FAREHAM NOMADS 2019/20

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

Default interval: 2:00 per 100

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### **WARM-UP**

200 FR / BK @3.30

4 X 25 MX fins Fly @45

### **MAIN SET**

30x50 (ALL KICK MS)

4 kick fast @1.15

2 swim smooth @1:15

4 kick fast @.1.10

4 swim smooth @1.10

4 kick fast @.65

6 swim smooth @.65

4 kick fast @:60

2 swim smooth @:60

### **WARM-DOWN**

6 X 150 Fr FINS and Bands HARD PULL (3.30)

400 IM S-D -K -S (8)

8 X 25 FLY KICK U/WATER (60)

200 EZ FREE

Warm Up ;

600 Fr (9)

16 x 25 FTF KICK FR/ MS (40)

200 MS KICK TIMED (8) (1.4)

Lac Pro Set X 2 (1.5)

4 x 50 at second BES of 200 RP (1.30)

1 X 25 MX SPEED (60) RND 2 (45)

3 x 50 as above

2 X 25 MX SPEED (60) RND 2 (45)

2 x 50 as above

3 X 25 MX SPEED (60) RND 2 (45)

1 X 50 as above

4 X 25 MX SPEED (60) RND 2 (45)

(1.7) = (3.1)

WARM DOWN

30 X 25 FLY (40 )

(O) SWIM SMOOTH Long big kicks

(E) KICK ON BACK

(1.5) = ((4.6)

200 ez

Warm Up

200 Fr (3)

4 x 25 Fr (45)

150Bk (3)

4 x 25 fly k arm up(on side ) (45)

4 x 25 k u /water

4 x 100 fly kick last 7.5 mx fly swim (1.40)

(1050)

main set

x5

round 1 - 4 fins

round 5 without fins

4 x 25 (50)

4 x 50 (1.15)

(1.5)

total = (2550)

warm down

8 x 100 fr ez (1.40)

(3350)

AEROBIC - SPEED(jp) | FAREHAM NOMADS 2019/20

Sat Dec 12 '20 - 6:00 am 25 Meters

Default interval: 1:30 per 100

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WARM UP :

20 X 50 ; (1.15 ) (fins)

1.- 5 FR SAL - SAR

6 - 10 BK SAL - SAR

11 - 20 2 D 1 UP - Fly EXPLODE

KICK SET

4 X 50 KICK ((O) FR - (E) MS (1.15)

100 FR (2)

3 X 200 ms DES 1 - 3 (4)

SPEED PLAY

24 X 50 (60)

1. 6 ST MX

2. 8 ST MX

3. 10 MX

4. 12 MX

10 X 50 MID POOL TURNS (2)