

speed - aerobic | FAREHAM NOMADS 2019/20

Mon Dec 14 '20 - 7:30 am 25 Meters

Default interval: 1:30 per 100

warm up :

400 slow PT Free (look at breathing and catch position) (7)

12 x 25 as

1-6 para and fins and pd (60)

7 - 12 fins blast 20 meters

Kick set (blast)

20 x 25

NP 25 - P 30

main set :

30 x 25 as 2 x (15 x 25)

1 stroke pace on 1:00

4 free moderate on :45

1 stroke pace on 1:00

3 free moderate on :45

1 stroke pace on 1:00

2 free moderate on :45

1 strokes pace on 1:00

1 free moderate on :45

1 stroke pace on 1:00

***200 easy between rounds (4)

Warm Down (fins)

1 x 100 as 12.5 of every turn u/water (2)

4 x 25 fly kick u/water (60)

200 as flag to wall mx fly swim - rest kick on back (4)

8 x 25 fly kick with board (30) keep kick moving >

200 BK smooth 12.5 u/water (4)

8 x 25 sit up drill (50) fast arms

800 fr pull bands

Warm up ;

4 x 100 dec 1-4 to +15 (1.40)

16 X 25 FTF SPEED FR / MS (45)

X4 Kick set

25 KICK (40) - 50 (1.20) 75 (2) ALL KICK MX

200 EZ

(1.2)

Main set 1

12 x 100 at race pace 4 x (3x 100) pull set after each 3

75 (1.15) - 25 (45)

4 x 50 fr pull (60)

(2k) - (3.2)

Main set 2

16 x 25 dive 100 GP (Feet to Wall) (.4) (3.6)

WARM DOWN

10 X 100 1.40 B + PD (4.6)

Warm-up

400 (fr - bk) (6) + 4 x 100 (im drill) (2)+ 4 x 50 MS buis last half mx (60)

Pre-Set (free)

3 sets (round 1, no equipment; round 2, paddles only; round 3, paddles and fins):

7 x 50 @ :50

7 x 25 @ :30

7 x 25 @ :40

-- 50s: @ 50 High Arm - finger drill

-- 25s @ :30: catch-up free, 6 kick drill

-- 25s @ :40 : fast free big kick (white water)

Kick Set

6 x 75 @ (2)

kick par / fins

Main Set

8 x 50 @ 1:30 FINS / PARA

Main Set

8 x 50 with fins

warm down

mid pool turns x4

400 ez swim

WARM UP

3 X 400 AS:

1. FR 5.30 - 5.45

2. 50 FR / 50 BK (5.45) - (6.15)

3. BK (6) - 6.15

3 X 200 AS: (3.15)

1. IM K/D

2. IM D/S

3. IM

4 X 100 FR (DES 1 -4) 1.40 to pb + 5

(2.2)

SPEED

4 X 25 AS ;

(O) 15 MX U/W (40)

(E) MS BUILD (40)

4 X 150 M/S KICK (2.45) DES 1 - 4

(.7) (2.9)

AEROBIC

16 X 25 FLY SWIM fr kick (30) / KOB last 7 mtrs fly mx to wall (30)

4 X 75 BK FAST / EZ / FAST (1.30)

200 FR (2.45)

300 CHOICE

(1.2) (4.1)

Warm up ;

x 2

300 BK/ FR (4.15)

4 X 75 MS KICK AS ; (1.30)

50 BUILD - 25 MX

8 X 25 1/2 MAX Under water fly kick (45)

8 X 25 MS AS (45)

(O) 20 mx

(E) TURN 15 MX

PURE SPEED ; X4 (change stroke after each round imers)

4 X 15M (45)

1 X 100 AS 25 D - 25 SWIM (2)

4 X 20 M (60)

1 X 150 AS (50S)(2.50)

S/D/S

4 X 25 (1.15) 100 Race Pace

1 X 200 AS (3.30)

50 D - 50 S

RECOVERY ;

12 X 75 B / PD (1.15)

TURNS Practice

GET READY FOR RACE NIGHT