

A2 + Kick | Performance  
Mon Dec 21 '20 - 8:00 am 25 Meters  
Default interval: 2:00 per 100

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Warm Up-

12x100 O- 1:40 (75 fc 25 fly) E- 1:45 (75bk 25 fly)

Main Set-

400 fc bands + paddles. 6:40

4x150 2:45 (100 drill 25 build 25 max)

4x100 IM 1:45

1:00 rest

400 fc bands + paddles. 6:40

4x150 2:45 (100 drill 25 build 25 max)

4x100 IM 1:45

Kick Set-

4x50 max fc k 1:10

100 max ms k 2:00

4x50 max fc k 1:05

200 max ms k 4:00

4x50 max fc k 1:00

300 max ms k 6:00

4x50 max fc k :55

400 max fc k 8:00

Main Set-

3x200 fc 3:05

3x200 fc 3:00

3x200 fc 2:50

Speed | Performance  
Tue Dec 22 '20 - 6:00 am 25 Meters  
Default interval: 2:00 per 100

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Warm Up-

150 fc 2:20  
50 high arm rec 1:00  
150 bk 2:30  
50 bk sal sar 1:00  
150 fc 2:20  
50 high arm rec 1:00  
150 bk 2:30  
50 bk sal sar 1:00

Main Set-

2x150 max ms k 4:00 under 200 pb  
2x75 max ms k 2:00 under 100 pb  
2x25 max ms k 1:00 under 50 pb  
  
2x150 max fc k 4:00 under 200 pb  
2x75 max fc k 2:00 under 100 pb  
2x25 max fc k 1:00 under 50 pb

Main Set 2-

sit out 1 if you miss tt in first 12/5 after that stop swimming  
  
20x25 max ms :50  
  
10x50 max ms 1:20  
  
4x100 max ms 2:30

Warm Up-

100 bk 1:45  
3x50 1 fc high arm rec 2-ms drill 3- fly k  
100 bk 1:45  
3x50 1 fc high arm rec 2-ms drill 3- fly k  
100 bk 1:45  
3x50 1 fc high arm rec 2-ms drill 3- fly k  
100 bk 1:45  
3x50 1 fc high arm rec 2-ms drill 3- fly k  
100 bk 1:45  
3x50 1 fc high arm rec 2-ms drill 3- fly k

Main Set-

(fly wears fins goes 250 brst goes 250)  
2x300 4:45  
2x300 4:40  
1x300 4:30  
1x300 4:25  
1x300 4:15

Main Set 2-

swam as relays  
4x25 fly swim  
200 fly k on back arms round head  
4x50 fly swim  
200 fly k on back sl  
4x75 (25 1/1/1 25 hold stroke 25fc k max)  
200 fly k hands on side

Cool Down-

6x50 1:00 (25 bk k 25 sw)  
200 fc pb+paddles  
6x50 1:00 (25 bk k 25 sw)  
200 fc pb+paddles  
6x50 1:00 (25 bk k 25 sw)  
200 fc pb+paddles

Warm Up-

fins

150 oc swim 2:30

50 fc high arm rec 1:00

50 ms fast start fast turn ms 1:00

150 oc swim 2:30

50 fc high arm rec 1:00

50 ms fast start fast turn ms 1:00

150 oc swim 2:30

50 fc high arm rec 1:00

50 ms fast start fast turn ms 1:00

150 oc swim 2:30

50 fc high arm rec 1:00

50 ms fast start fast turn ms 1:00

Pre Set-

fins

1x50 sl fly k on back :55

2x50 fly k w board 1:00

1x50 1:15(25 control stroke 25 maxfck)

1x50 sl fly k on back :55

2x50 fly k w board 1:00

1x50 1:15(25 control stroke 25 maxfck)

1x50 sl fly k on back :55

2x50 fly k w board 1:00

1x50 1:15(25 control stroke 25 maxfck)

1x50 sl fly k on back :55

2x50 fly k w board 1:00

1x50 1:15(25 control stroke 25 maxfck)

1x50 sl fly k on back :55

2x50 fly k w board 1:00

1x50 1:15(25 control stroke 25 maxfck)

Flag2Flag-

12x15 IM F2F

Main Set-

16x50 4:00 max im fas  
peomotion+relegation