

END / SPEED | FAREHAM NOMADS 2019/20

Thu Dec 24 '20 - 6:00 am 25 Meters

Default interval: 1:30 per 100

8 X 200 AS

(O) FR 2.50

(E) MS KICK (3.45)

8 X 25 DIVE MX SWIMS (60)

4 X 100 SPEED CHECK (PB +15)

MAIN SET

16 X 400 AS

(O) FR 5.25 - 5.45

(E) 16 X 25 IMO (4S 25 LAST 25 OFF 60)

200 EZ

A2 /SPEED | STINGRAYS
Wed Dec 23 '20 - 5:00 am 25 Meters
Default interval: 1:30 per 100

WARM UP :

6 X 400 AS

(O) 5.20 FR

(E) 6 BK

8 X 100 AS FLY BUILD (1.40) HOLD STROKE (fins)

MAIN SET

6 X 50 M/S DIVE TO BEAT PB (1.30)

500 IM AS

100 FLY / 150 BK / 150 BR / 200 FR (9)

KICK SET

2 X 200 M/S KICK (4)

2 X 100 M/S KICK (2)

4 X 50 M/S KICK (60)

Speed Set

12 X 25 SWIM AS M/S 200 RP

3 (60)

3 (50)

3 (40)

3 (30)

200 SWIM (4)

16 x 50 kick best effort ms (1.10)

12 x 100 fr mx turns / BO (1.40)

100 EZ

Warm up

12 x 100 as

(o) Fr 75 high drill - 25 mx st arm fast turn over (1.40)

(e) ms 75 kick - 25 build to max (1.45)

16 x 50 band + pad fr or bk

(o) 60 - (e) 50 fast pull

12 x 25 off blocks 1 min all out

200 ez (4)

Lactate set

4 x 25 ms (25) fast

100 mx 2.10

2 x 50 (45)fast

100 ms mx 2.10

2 x 50 (45) fast

4 x 25 (25) fast

1 x 200 all out (3.40)

4 x 25 (45) fast

100 (2)

2 x 50 (50)

4 x 25 (45)

2 min rest

16 x 50 no1 st best average)1.10)

warm down

24 x 25 as (40)

1-12 fly kick on side

12 - 18 ms tech

19 - 24 fly kick under water

12 x 100 aerobic (1.35)

A2 / THRES (PADDLES) | STINGRAYS
Mon Dec 21 '20 - 5:00 am 25 Meters
Default interval: 2:00 per 100

WARM UP :

12 x 150 as (fins)(2.45)

(o) 50 ft drill - 50 side brth kicking - 50 high drill

(e) ms drill

BK 50 SAL 3 - SAR 3 - KICK ROT ROUND BODY - 50 DOUBLE ARM

BR 3D1 UP - 2D1 UP - FR KICK FAST HANDS (ON FINS

8 X 50 BUILD

(O) BK SAL - SAR (50)

(E) SAL / SAR FR (60) - 3D1UP - SAL - SAR FLY

8 X 25 FR / BK SPRINT DRILL (50)

6KICKS FLY - 12 KICKS FR - 4 FAST HIGH ELBOW

4 SPIN DRILL

PADDLES SET

6 X 125 (1.40)

50 EZ (1.15)

6 X 100 (1.25)

50 EZ (1.10)

4 X 125 (1.30)

50 EZ (65)

4 X 100 (1.20)

50 EZ (60)

2 X 125 (1.25)

50 EZ (55)

2 X 100 (1,15)

50 EZ (50)

3 X 300 KICK HARD (6)

12 X 25 FLY (20/30)

200 EASY SWIM

20 X 25 MX 25 FROM DIVE ON A MINUTE

5 X 100 SWIM DOWN