

A2 pull+kick | Junior Performance
Mon Apr 19 '21 - 7:30 pm 25 Meters
Default interval: 2:00 per 100

Warm Up-

4x100 fc pull+paddles 2:00
4x25 max fc kick with bands :50
4x100 fc pull+paddles 2:00
4x25 max fc kick with bands :50

Main Set-

3x100 im 2:10
3x100 im 2:05
3x100 im 2:00

Main Set 2-

3x200 3:50
3x200 3:45
3x200 3:40

Cool Down-

6x50 5/7 kicks of walls o- fc 1:05 e- bk 1:10

Richs Kick Set | Junior Performance
Wed Apr 21 '21 - 6:00 am 25 Meters
Default interval: 2:00 per 100

Warm Up

8x100 fc wf 1:40

6x25 bk k rotation :45

12x25 :50 max fly breathing 2 wf

Main Set-

All Max Kick

4x50 fc kick 1:25

1x100 ms kick 2:20

4x50 fc kick 1:20

1x200 ms kick 4:40

4x50 fc kick 1:15

1x300 ms kick 7:00

4x50 fc kick 1:10

1x400 ms kick 9:20

RP | Junior Performance
Thu Apr 22 '21 - 8:00 pm 25 Meters
Default interval: 2:00 per 100

Warm Up-

150 fc 2:50
100 bk 2:00
50 oc k 1:15

X2

Main Set-

4x 25 max :50
:40 rest
3X 50 max 1:20
1:15 rest
2x75 max. 1:50

200 easy 4:00

4x25 max :50
:40 rest
3x40 max 1:20
1:15 rest
2x75 max 1:50

200 easy 4:00

A2 Development | Junior Performance
Fri Apr 23 '21 - 6:00 am 25 Meters
Default interval: 2:00 per 100

Warm Up-

4x200- 175 sw 25 max k o- fc 3:45 e- bk 3:55

16x25 fly wf o- fly k :45 e- fly swim :50

Main Set-

2x150 fc outside lanes 2:55 middle 2:30

3x100 bk outside lanes 2:00 middle 1:45

4x25 ms (20m max) :40

2x150 fc outside lanes 2:55 middle 2:30

3x100 bk outside lanes 2:00 middle 1:45

4x25 ms (20m max) :40

2x150 fc outside lanes 2:55 middle 2:35

3x100 bk outside lanes 2:00 middle 1:45

4x25 ms (20m max) :40

A2 + Speed | Junior Performance
Fri Apr 23 '21 - 7:30 pm 25 Meters
Default interval: 2:00 per 100

Warm Up-

200 oc swim 4:00
100 oc kick 2:20
2x25 ms drill :45
2x25 ms 15m max :45
X3

Main Set-

10x100 fc/bk wf (75 build 25 max) 1:40
4x100 ms wf (75 build 25 max) 1:50

sub set

flag 2 flag + fly