

DIST GROUP | FAREHAM NOMADS 2019/20

Mon May 31 '21 - 5:30 am 25 Meters

Default interval: 1:30 per 100

---

## **Distance Group**

### **WARM UP**

8 X 100 Fr As

75 smooth - 60 - 25 blast (45) (attack 25)

### **KICK SET**

10 x 100 Fr BEST EFFORT KICK (1,50)

200 BK EZ (4)

(1.8)

### **MAIN SET (AEROBIC )**

40 X 100 AS

1-10 (1.45)

11 -20 (1.35)

21 -30 (1.30 )

31 -40 (MX EFFORT PB + 8 ) (2)

(4K) - (5.8)

### **WARM DOWN**

200 EZ

(6K)

SPEED TURNS

**Heart Rate ;**

10 x 75 as 50 Fr (45) - 25 MS FAST (45)

**KICK SET X3**

150 MS KICK 100 B - 50 MX (3)

150 MS KICK 50 ST - 50 B - 50 MX (3)

50 MS KICK MX (60) SUB 40

3 X 100 REC FR (1.40)

10 X 200 FR AS (BIG EFFORT )

3 @ 2.30 - 2.45 30BBM

3@ 2.40 - 2.50 20 BBM

3 @ 2.50 - 3 10 BBM

1 MAX 1 MAX

**RECOVERY**

100 EASY (3) 16 X 50 IM SWITH K/D /S (60)

10 X 100 MS @ (HARD EFFORT)

3 @ 30BBM - 1.50

3 @ 20BBM - 2

3 @ 10BBM - 2.10

1 @ MX 3

**RECOVERY**

100 FR EASY (3) 16 X 50 IM SWITCH (60)

10 X 50 FR (ALL OUT SPEED)

3@ 50 30BBM

3 @ 60 20BBM

3 @ 1.10 10 BBM

1 @ MX (2)

**RECOVERY**

100 FR (3) 16 X 50 IM SWITH (60)

**SPEED PART X4**

4 X 25 PAR /F/ PD ALL OUT MX (1.15 )

2 X 25 FINS ALL OUT MX (1.15)

1 X 50 OFF BLOCK TIMED AIM FOR PB

**X4 SPEED KICK**

1 X 25 KICK FR (30)

100 ALL OUT KICK (60) MS

2 X 25 KICK FR (30)

150 UNDER 200 PB (4) MS

Race speed | FAREHAM NOMADS 2019/20

Mon May 31 '21 - 7:30 pm 25 Meters

Default interval: 1:30 per 100

---

Warm up

200 Fr - Bk (3.30)

4 x 25 1/2 mx - 1/2 ez (45)

150 Fr smooth(2.15)

4 x 25 20 mx (45)

Thres hold set X 2

3 x 100 FR Des 1-3 0n

1.15 - 1.25 - 1.35

2 x 75 @1.10

1.200 pace

2.mx

1 x 50 recovery (60)

2 x 100

1@ 1.25 (30bbm)

2@ 1.35(20bbm)

2 x 50 (50)

1.@200 rp

2. @mx

1 x 100 @1.35 (smooth)

2 x 25 @20

1.200 rp

2. mx

1 x 50 rec (1.30)

2 x 100 2

1.@ 1.15 (20BBM)

2.@ 1.25 (10BBM)

2 X 50 @(50)

1.200RP

2. MX

1X 50 REC ( 1.15)

1 X 100 @1.15(10BBM)

2 X 25 @20

1.FAST

2.MX

1 X 50 REC (1.15)

Warm up :

10 x 50 Pt @60

(o) Fr

(e) Bk

12 x 50 best effort kick @65

speed

8 x 25 As @45

1. 20 mx

2. Drill

3. last 10 mx

4. Drill

Dist Group

40 x 50 (50)

holding 400 Rp

Sprint Group

28 x 50 all mx ms (1.30)

Warm Down

4 x 200 (Fins ) 10 sec rest

(o) swim

(e) kick

Warm up:

12 x 75 as (Fins)

(o)25s swim - H arm - Aussie

(e) 50 Ft Drill - 25 Blast

Kick Set

10 x 50 mx effort sub 45 (65)

12 x 25 (45) x 2

1. Drill

2. 15 mx

3. Drill

4 . mx

Main Set

12 x 100 @ (1.40)

3 @1500 Rp

1 @+1

1 @ Rp

1 @ +2

3 @ Rp

1 @ Rp

1 @ Rp - 1

1@ Rp - 2

400 ez (7)

15 x 50 @ 60

1@Rp +2

1@Rp +1 x3

3 @Rp

200 ez (50)

**Warm-up**

400 (fr - Zzzbk ) (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 ;**

4 X 150 AS 100 BK - 25FL KICK - 25 MS DRIL (3)

16 X 25 FTF (45) MS OR FR

(1.0)

**SPRINT SESSION (HIT THE MX REALLY HARD )**

**X8 (O) MS - (E) FR**

**IMERS**

25 MX (30) - 25 EZ (60)

25 FL

50 MX (60) - 50 EZ (1.30)

25 BK - 25 BR

75 MX (1.30) - 75 EZ (2)

FR

(1350) = (2,350)

**WARM DOWN**

200 FR (2.50)

6 X 100 FR KICK (1.50)

8 X 50 MS DRILL

(1.2) = (3,550)

**WARM UP**

X4(FINS)

150 FR AS

50 SWIM - 50 ZIP D 3S - 25 FT - 25 SPRINT DRILL 4 FLY K - 12 FR K -4 HIGH A FST DR (2.30)

2 X 25 U/W FLY KICK (45)

2 X 25 MS 20 SPRINTS FAST T/O (30

(1k)

**SPEED KICK x10**

2 X 50 MOD KICK (65)

100 KICK FAST (2)

All 100 same kick

All 50 choice kick

(2k)- (3k)

Warm down

24 x 25

(O) Fly kick u/w (45)

(E) FLY SWIM MX (30)

400 EZ SWIM

(1K) - 4K

URNS TO FINISH

Warm up

200 Fr - Bk (3.10)

x4 (o) fr (e) ms

25mx kick (30)

50mx kick (55)

75 mx kick (1.20)

200 ez

Speed

12 x 25

1-6 Par - fins - pd mx effort (60)

7 - 12 1/2 mx 1/2 ez from turn (60)

Lac Set x2

2 x 50 @60 holding pb +6/7

100 ez @2

4 x 50 @1.10 holding pb +4/5

100ez @2

6 x 50 @1.20holding pb+ 3/4

100ez @2

8 x 50 @1.30 hold b/e speed (100)

flush

8 x 100 bk fins (10) kicks off every wall (1.40)

4 x 25 spin drill (45)

12 x 25 br 2d /1 up fast (40)

200ez

Distance group | FAREHAM NOMADS 2019/20

Thu Jun 03 '21 - 8:00 am 25 Meters

Default interval: 1:30 per 100

---

warm up

300 ez Back (5.15)

Main set

5 x 1000 (13.30) (14)

Des 1- 4 all out mx number 5

300 ez bk (5.15)

race AM | FAREHAM NOMADS 2019/20

Fri Jun 04 '21 - 6:30 am 25 Meters

Default interval: 2:00 per 100

---

A2 / KICK AND SPEED SET UP :

4 x 100 FR smooth long (1.50)

6 x 50 BK 25 k - 25 sal 3 sar 3 3 fast strokes (1.10)

6 x 25 as 1/2 mx 1/2 ez (45) any stroke

KICK SET 1

20 X 25 BLAST KICK (40)

100 RECOVERY (2)

4 X 50 BROKEN 200 (1.10) SUB 200 FR BEST TIME

100 RECOVERY (2)

KICK SET 2

20 X 25 BLAST KICK (35)

150 RECOVERY (3)

4 X 50 BROKEN (60) SUB 200 BEST TIME

150 RECOVERY (3)

SET 3 RACE TIME

4 X 175 hard (4)

8 X 100 FR KICK(fins) 1.50

Warm Up

2 x 300 as

1. FR Swim easy (5.15)

2. IM AS K/D/S (5.300)

PRE SET

12 X 50 AS (60) BUILD EACH 50

1 - 4 SWIM

5 - 8 PADDLES

9 - 12 FINS

200 REC (4)

MAIN SET x4

4 X 100 DES 1-4 To Best Effort (1.45)

4 X 50 at 200 GP

Rnd 1 1.10

2 65

3+4 60

100 Rec (2.30)

20 X 100 FINS + PD (1.40)

Speed 2

20 x 25 off block at race speed

warm down

4x 200 (fins)

(o). swim Bk (3.15)

(e) Fr / Bk (3.30)