

Thres / speed | FAREHAM NOMADS 2019/20

Mon Jun 07 '21 - 5:30 pm 25 Meters

Default interval: 1:30 per 100

Warm up :

400 FR 75- IMO 25 (6.15)

16 X 50

(O) FR BTH 3-5-7 (60)

(E) MS 35 MX IN/OUT TURN FAST (1.10)

MAIN SET x2

1 X 100 (1.30)

1 X 50 (60)

1 X 200 (3)

2 X 50 (60)

1 X 300 (4.30)

3 X 50 (60)

1 X 200 (3)

4 X 50 (60)

1 X 100 (1.30)

5 X 50 (60)

SPRINTERS SWIM Half distance on 100 -200 -300

rest swim hard

distance swimmers swim all 100 -200 -300 1500 pace

50 s on 400 pace.

(3300) = (4100)

warm down

2 x 400 as 75 ez - 25 mx unwater(fins) 30 sec rest

200 bk 10 fl k off all walls

(1) =(5100)

SPEED PER/JNR PER | FAREHAM NOMADS 2019/20

Mon Jun 07 '21 - 7:30 pm 25 Meters

Default interval: 1:30 per 100

12 X 100

(O) FR - BK (1.50)

(E) MS KICK (2)

8 X 25 (IMO) (45)

20 MX

Main set X4

400 FR MX (7)

16 X 25 IMO (400) (35)

1 MIN REST

8 X 100 FR KICK FINS (1.50)

Warm up :

8 x 50 (Fins)

1-2 swim 17 ST Per Lnth (60)

3-4 Sal - Sar fast pull (60)

5-8 long dog - high arm (60) (400)

Pre Set

16 x 25 (Fins + Pad) (45) fast (400) = (800)

Main Set Fr

500 cruise (7.30) - 4 X 75 pace (Hold 55) (1.20)

400 cruise (6) 2 X 150 pace (Hold 1.50) (2.40)

300 cruise (4.30) 300 pace (Hold 3.40) (5.20)

(2.1) = (2.5)

20 x 50 Off (45) hold speed fast turns Hold 32 / 33

(1.0) = (3.5)

8 x 100 fr kick (1.50)

(800) = (4.3)

14 x 50 long and smooth recovery (60) high skill

(700) = (5k)

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

Warm up ;

4 x 75 smooth FR (60) - 25 all out mx ms (45)

12 X 50 FINS (1.10)

25 u water fly kick - 25 ms 15 blast 10 ez

25 ms build - 25 fly kick under water

SPEED +DRILLS

150 ms drill last 25 mx swim (3)

3 x 50 ms des 1-3 to pb + 5 (60)

4 x 25 from a turn full race speed (45)

(1450)

SPEED VO2 MX

24 x 50 (1.15) all pb +2/3

8 x 100 50 fr or bk swim - 50 kick recovery (1.40)

6 x 150 50 fr - 50 non free- 50 fr (2.30)

(4.1 K) -(5550)

WARM DOWN

200 AS

50 FR DRILL - 100 MS DRILL - 25 MS KICK - 25 12.5 BLAST

Warm Up :

4 x 100 BK as (75 AS SAL - SAR - DA - 25 SMOOTH) (2.15)

2 x 200 AS 100 IM DR - 100 BK BUILD (4)

400 Fr (FINS +PAD) LONG ST (6.15)

Aerobic

40 x 50 fly (fins) (1.20)

1 - 10 kick with board

11 - 20 swim smooth FR last 10 mx no brth FLY

21 - 30 6 k - rot - 4 mx swim no breath SMOOTH

31 - 40 25 221 - 25 111

Warm Down

200 as

100 imd - 100 fr (3.30)

Speed

8 x 25 as

4 Fr - 4 ms (d / mx) (45)

6 x 100 fr (1.45)

Warm up :

12 x 50 as (50) (fins)

(o) fr swim long smooth

(E) Fr / high arm / finger tip drill

Kick Set

4 x 100 blast kick (1.50)

Speed Set

8 x 25 (45)

(O) 15MX

(E) 20 MX

Main set

16 x 100 Fr

Speed group ms (FINS)

(o) best effort swim 1.45

recovery

(e) pb+10 1.45

mx effort

SPEED SET

8 X 50 DIVE (1.30)

35 MX

200 EZ (4)

8 X 50 ON 1500 RACE Pace (50)

WARM DOWN

9 X 100 BK (fins)

1 TURN 12 FLY KICKS OFF WALL

2 TURN 10 Fly KICKS OFF WALL

3 TURN 8 FLY KICKS OFF WALL

600 ez swim mix kick and swim

Warm Up

400 Fr (5.30 - 5.45- 6) - 200 Bk (3.10) - 2 x 100 im d (1.40)

16 x 50 kick

8@ fr (60)

8@ ms (60)

3 mx - 1 st

400 fly drill (fins)

50 441 50 331 50 221 50111 x2

(1.2)

Main set x 2

@(4 x 50) Fly (50) (+60)

@ 16 x 25 imo (4 on each st) 25 - 35 (+ 60)

@ 400 Fr neg split (FAST)(6)

@ 100 Fr as 25 mx - 25 high arm d (2.15)

(3.0) (4.2)

Speed

16 x 50 OFF BLOCK BEST EFFORT (60)

(8) - (5.0)

200 EZ (3.30)

(5.3)

OPEN WATER GROUP | FAREHAM NOMADS 2019/20

Sun Jun 13 '21 - 5:30 pm 25 Meters

Default interval: 1:30 per 100

WARM UP

10 X 100 BK (1.45) FINS

TIME TRIAL

5K BEST EFFORT

WARM DOWN AS WARM UP

(7K)

OVER DIST SPEED | FAREHAM NOMADS 2019/20

Sun Jun 13 '21 - 5:30 pm 25 Meters

Default interval: 2:00 per 100

WARM UP :

X2 (FINS AND PADDLES)

200 FR (3)

150 MS DRILL - SPEED AS (3)

100 D - 25 B - 25 FST

4 X 75 MS (D - 50 - 25 MX)

(1.3)

SPRINT KICK X3

75 (1.30) - 25 (30)

50 (60) - 50 (60)

4 X 25 (30)

50 (60) - 2 X 25 (30)

75 (1.30) - 25 (30)

(1.5) - (2.8)

RACE SET :

8 X 50 MS (65) HOLD 200 RP

1 X 200 EZ (4)

8 X 50 MS (55) HOLD 200 RP

1 X 200 EZ (4)

8 X 50 MS (50) HOLD 200 RP

1 X 200 EZ (4)

(2.2) -(5K)

WARM DOWN

12 X 100 MS KICK (1.50)

16 X 25 FL (O) UW - (E) FL MX

(2K)