

Speed kick set

1x200 loosen (3.30)

(Fins)

10x50 @ 50 Free drill surf Drill / Clock Drill

10x50 @ 50 MS Drill

10x50 @ 55

(o) Fr build last 10 st arm Fr no brth

(e) build last 10 turn stroke fast

8x25 @ 40 no air odd's fast flip, hands on deck even's fast finish (accelerate legs flags to wall)

(o) fr (e) fly

(1.9)

Main set

9x50 @ 1:30 MAX EFFORT KICK

1x50 SWIM mx timed (1.30) off blocks

7x50 @ 1:30 MAX EFFORT KICK

1x50 SWIM

5x50 @ 1:30 MAX EFFORT KICK

1x50 SWIM

3x50 @ 1:30 MAX EFFORT KICK

1x50 SWIM

1x50 MAX EFFORT KICK

1x 50 Dive close to pb

(1.5) (3.4)

warm down

x3 (fins)

200 fr finger tip drill every turn 10 mx fly kicks (3)

2 x 25 fly with fr kick (30)

2 x 25 (o) u/water / (e) fist 4 st mx (30)

50 Bk (50) smooth

(1,050) - (4450)

STINGRAYS AM SESSION MON 8 JAN

A typical Monday MORNING workout with our Elite Squad (aged 14 / 18). The warm-up is a general loosen, activating different parts of the body, before going into some variable speed work - all swimmers have skills targets throughout.

The main set is aimed at hitting the Vo2 zone and achieving a high intensity/heart rate. The mid distance swimmers go through all 3 rounds, but the sprinters only go 1 round, before going into some 100 race pace. Most swimmers swim as their best stroke, with IM swimmers switching in stroke blocks. With two coaches, it is easy to split the group and manage different needs from the swimmers.

Workout AM

1 x 400 as 50 Free, 50 Back

2 x 200 1) Pull DPS 2) Low SC Pads

4 x 100 Kick D1-4 on 1.45

4 x 75 Pads on 1.15 - 25 Low SC, 25 Build SC+1, 25 Fast SC+2

4 x 50 Fins on 1.00 - 25 Build Form, 25 UW Side Max

4 x 25 Fins/Pads D1-4 No1 on 45

Main Set x 3 (Mid Distance):

4 x 100 — R1 @ PB + 11/10/9/8 on 1.40 (1 sec drops) | R2 @ PB + 13/11/9/7 on 1.50 (2 sec drops)

R3 @ PB + 15/12/9/6 on 2.00 (3 sec drops)

4 x 50 Max on 1.15

1 x 200 Recovery as 100 Kick, 100 DA Back

WARM DOWN

X6

100 PULL BANDS + PADDLES (2.30)

4 X 25 KICK MS (45)

(SKILL LEVEL HIGH)

(5.4)

Warm up

8 x 150 As (X2)

1. Fr (2.40)

2, Bk (2.50)

3.50 Fly - Bk - Br (2 d -1 up) at speed (3)

4 Br 50 3d-1up - 2 d-1 up 50 swim all at race speed (3)
(1.2)

Kick Set

16 x 100 ms kick

AS 1.2.10 - 2 .2.05 3. 2 4.1.55 (X4)

200 Loosen (4)

(1.8) - (3k)

Pull set

(Bands- pad)

x2

50 @60

100 @ 2

150 @ 3

200 @ 4

(1K) (4K)

Speed Set

4 x 25 ms mx 45

3 x 25 ms mx 40

2 x 25 ms mx 35

1 x 25 ms mx 30

2 x 25 off block 20 mx any stroke (60)

(3) - (4.3)

Warm down

7 x 100 Ez smooth FR - FLY KICK ON BACK (25S) (2)

(7) - (5K)

A2 / 400 RACE PACE | STINGRAYS
Thu Jun 17 '21 - 6:00 am 25 Meters
Default interval: 2:00 per 100

WARM UP ;

400 FR (6) - 4 X 50 BK (45)

300 FR (4.30) - 4 X 50 BK (45)

200 BK (3.15) - 4 X 50 FR (40)

SPEED SET (FINS)

1 X 50 FR (35 MX NO BTH) (1.10)

4 X 25 AS

(O) NO BTH (50)

(E) FLY ONLY BTH TWICE (60)

400 FR SET X8

100 AT 400 RACE PACE (2) SUB 67

2 X 50 400 RACE PACE (60)

HOLD 32 OR FASTER

200 RECOVERY BK (4)

Warm Up x2

200 Bk (3.15)

4 x 50 build ms kick (45)

8 x 25 As

(0) Fr clock drill

(e) ms speed drill

(1.2)

Speed Set Paddles + Fins

6 x Through:(o) set Fr (e) sets ms

2 x 25 Sprint racing to win on :50

1 x 50 Easy on :50

4 x 25 Sprint racing to win on :40

1 x 50 Easy on :40

1 x 50 ALL OUT on 1:00

1 x 100 Easy on 2;30

(2.2) (3.4)

Warm down x 3

2 x 100 im d (1.50)

8 x 25 fy kick mx under water (50)

200 bk last 25 build

(1.8) (5.2)

WARM UP :

6 X 100 AS 75 (60) FR ST - 25 IMO MX (45) EXTRA FLY + BR

100 FR KICK (1.50)

200 MS KICK (3.40)

300 MS KICK (5.20)

400 MS KICK (7)

12 X 50 ALL OUT KICK (60)

(2.1)

AEROBIC SPEED AS

20 X 100 FR / BK AS (FLY SWIMMERS FINS ON)

5 @ - 1.30 Brst do 75

5 @ - 1.25

10@ - 1.20

(2k) - (4.1)

Warm Down

9 X 100 BK SMOOTH (1.45) MUST HIT

TURN 1 10 FL KICKS

TURN 2 8 FL KICKS (ALL KICKS MX)

TURN 3 6 FL KICKS

(9) - (5k)

WARM UP

x2

300 Fr (4.30) build speed into turns)

4 x 75 ms As 50 drill - 25 build (1.30)

4 x 25 blast 20 mt (40)

(1.4)

Pre set

12 x 50 ms build swims

1-4 swim

5-8 paddles

9-12 fins

(6) (2k)

40 X 50 FROM PUSH FAST SET

16 x 50 4 times, 3 easy 1 FAST on 1:00

12 x 50 3 times, 2 easy 2 FAST on 1:05

8 x 50 2 times, 1 easy 3 FAST on 1:10

4 x 50 1 times, 4 FAST on 1:15

(2k) (4k)

Warm Down

8 x 25 fly kick uw mx (50)

4 x 100 as 75 d - 25 build ms

3 x 200 BK - Fr Smooth fast turns (20 sec rest)

(1.2) (5.2)

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

TURNS TO FINISH

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

20 x 50 (1.30) (DIVE START) 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