

A2 - speed play | FAREHAM NOMADS 2019/20

Mon Jun 28 '21 - 5:30 am 25 Meters

Default interval: 1:30 per 100

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Warm up :

4 x 400 (50 fr - 50 fly kick on bk ) 6.15 (fins)

12 x 50 kick

3 mx (ms) (1.10) - 1 swim ez x3

8 x 25 as (ms) (40)

1.drill 2.build 3 .drill 4 . mx

Speed Play

4 x 300 as (5)

50 - 100 - 50 - 100

(all 50 mx - 100 long and easy )

4 x 100 bk (1.40) smooth

4 x 150 as (2.30)

25 - 50 - 50 -25

(25mx - 50 long )

(4.750)

Warm Down

10 x 100 pull -(pd-Pb) (1.35)

(5.750)

Warm Up :

1000 as

400 Fr - 300 ms kick - 200 ms d - 100 fr

8 x 50 (fins) ms drill (60)

4 x 25 (fins) speed drills (45)

(1.5)

Pre set

Speed ms

8 x 50 (50)

1 - 4 (fins +pd ) build

5 - 8 (fins ) build last 15 mx

(.4) (1.9)

Race Speed

4 x 8 x 50 (ms) (1.10)

1. 25 mx - 25 ez

2. mid pool 25 mx

3. 25 ez - 25 mx

4. ez

(1.6) (2.5)

400 EZ (7)

(.4) ( 2.9)

SPRINT

12 x 25 off blocks (60) DIVE WALK BACK HIT 100 SPLIT

(.3) - 3.2)

Warm down

3 x 100 swim fr

8 x 50 ms kick des 1-4 (1.10)

8 x 25 fins fly kick under water

100 Bk

(1.) (4.2)

**Warm Up :**

6 x 100

(o)Bk 1.40

(e)Fr kick 2.0

600 (fins)

50 Rot - 50 Surf - 50 high arm - 50 3 point - 50 clock - swim smooth x 2

8 x 50 kick (bands ) 1.10

(1.6)

**Main Set**

300 FR OR BK (3.30) @4

8 X 50 (50) HOLD 31/32 X3

(2.1) (3.7)

300 As Above

4 x 50 Mx Effort (55) X3

(1.5) (5.2)

**Warm Down**

200 REC (4)

10 X 25 BLAST KICK MS (30)

8 x 25 turns mx (45)

(650) - (5850)

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### Warm-Up:

(200 @ :2.45 rest free (FINS)

2 x 50 @ 1:00 25 high arm , 25 finger tip swim

### Preset:(fins)

8 x 100 @ 1:45 choice 25 kick, 25 drill, 50 swim min. strokes

4 x 150 @ 2:30 100 free, 50 nonfree build

((1.2)

### Main Set:

3 x 400 @ 5:15 (5:30) free dec. 1-3

200 @ 3:40- backstroke

4 x 300 @ 3:45 (4:10 free w/paddles dec. 1-4

200 @ 3:40 backstroke

5 x 200 @ 2:30 - free w/paddles & zoomers dec. 1-5

200 @ 3:40 - 3.50 backstroke

((4K) (5.2)

### Speed / Leg Set:

12 x 50 @ :3 mx kick - 1 steady (55)

6 x 150 @ 2:40 Best effort

(1.5) - (6.700)

Warm down:

200 easy

**WARM UP ; X 2**

300 FR (4.30)

8 X 25 Ms 25 K - 25 D (45)

2 X 50 MS 25 SC - 25 BUILD HOLD SC (1.10)

(1.2)

**Speed Play x4**

4 x 25 fins pd par (60) ms

3 x 25 fins pd (60) ms

2 x 25 fins (60) ms

2 min rest

1 x 75 ms on race plan speed

100 ez (2.15)

( 1.6) (2.8)

**kick speed x4**

4 x 25 blast (45)

3 x 25 blast (40)

2 x 25 blast (35)

1 x 25 blast (30)

1 min rest

1 x 75 kick under 100 pb

100 ez (3)

(1.7) (4.5)

Warm Down

3 x 100 (1.40)

4 x 50 fins u/w kick - 25 ez swim (60)

300 as ms drill - swim (50s)

(.8) - (5.3)

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k

A2 / 200 R.PACE

WARM UP X4

1 X 75 OF BLOCKS (1.40)

1 X 75 PUSH EASY (2)

12 X KICK SET SPEED

1 - 6 PARCHUTE

2 X 25 (40)

1 X 50 (1.15)

7-12 NO PARCHUTE

2 X 25 (30)

1 X 50 (65)qe

8 X 25 AS

1-4 10 ST MX (40)

5-8 LAST 10 MX

(FAST B/OUTS )

a 200 RACE SPEED (X3)

6 X 25 (30)15/16

4 X 50 (60) 30 /31

2 X 75 (2.10) 45/46

200 EASY (4)

KICK DOWN

8 X 100 FR KICK (FINS) (1,50)