

Aerobic / speed | FAREHAM NOMADS 2019/20

Mon Jul 05 '21 - 5:00 am 25 Meters

Default interval: 1:30 per 100

---

### **WARM UP**

750 - 150 FR SMOOTH - 150 BK DRILL

500 - 100 BK SMOOTH - 100 BR D

250 - 50 BR SMOOTH - 50 FLY SPEED FR KICK

5 X 100 FR DES 1 - 4 TO PB+15 - 5 smooth

### **Speed set**

24 x 25 ms (40)

6 Dr - 2 fast

4 Dr - 4 1/2 mx 1/2 ez

2 Dr - 6 all out

3 x (8x 50) ms (60)

(o) steady

(e) 200Rp

100 fr after each round (2)

8 X 25 FLY KICK U/W (40)

### **Warm down**

16 x 100 FR

(O) 1.35

(E) 1.45 WORK TURNS

600 EZ MIX KICK /SWIM

**Warm Up**

200 Drill Im (3.30) - 10 x 50 Padd @50 build Speed

200 Ms Drill (3.30) - 8 x 50 - 25 Drill - 25 sprint @65

12 x 50 kick 3 mx - 1 ez swim (65)

x4 (25 dive at race speed )

100 ez

**(2.1)**

**x4**

(2 x 25 @40 + 50@60 + 2 x 25 @40 + 50@60)

150 Recovery (3.30)

**(1.4) - ( 3.5)**

**Warm Down**

3 x 200 pull (pb + pd) (2.45)

8 x 50 as (1.10)

(25 uw Fl kick - 25 mx ms )

200 ms drill

**(1.2) - (4.7)**

**Warm Up x3**

200 Fr (3) Big Turns

4 x 50 ms kick (60)

8 x 50 ms drills - last 10 mx swim (65)

8x 25 as (40)

1.10 mx B/o

2. 20 mx

3 . 25 mx

4 . ez

(3k)

**Lactate Set**

**5x through:**

1 x 50 From side of the pool ALL OUT on 3:00

1 x 75 From side of the pool ALL OUT on 6:00

(625) (3.625)

**Warm down**

**x4**

4 x 25 mx FI kick u/water (50)

2 x 50 double arm backstroke (60)

(8) (4,425)

Warm up

200 Fr smooth (3.15) - 100 BK (1.40)

(Fins)

x 2

50 Fly kick (on back fast ) (50)

2 x 50 Fly kick boards (55)

50 35 ms mx (1.10)

Pre Set

6 x 100 Ms

50 Drill /25 Build to fast / 25 strong (2)

4 x 25 (60) (fins +para)

(O)Blast

(E) Blast 6 cycles fromTURN

    Main Set (Satans 50s )

1 Round M/s (60)

2 Round Fr (50)

X2 (1.10)

4 x 50 As 25 Fast / 25 Stroke count

3 x 50 @ 200 Race Pace +1

2 x 50 As : 25 Drill/ 25Build

1 x 50 Mx (PUSH) B/E 50

1 Min Rest

4 x 50 @ 200 Race Pace +2

3 x 50 @ 200 Race Pace +1

2 x 50 @ 200 Race Pace

1 x 50 Max (PUSH ) B/E 50

1 Min Rest

Warm down set

10 x 50 As 50 Streamline Kick / 50 Back swim (60)

800 Pull (Bands) Every 4 Length 50 Fast (Paddles)

10 X 50 Low Aerobic Tech (60 )

Alt Fr / M/s

**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**

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)

HIGH INTENSITY | FAREHAM NOMADS 2019/20

Sun Jul 11 '21 - 5:30 pm 25 Meters

Default interval: 2:00 per 100

---

WARM UP (National Performance sprint group)

200 FR (3.10) 8 X 50 MAIN STROKE DRILL (60)

200 BK ( 3.30) 8 X 50 MS BUILD (60)

200 MS KICK (4) 4 X 50 FR HARD (50)

(1.6) =

PRE SET : X2

3 X 50 MS DRILL (60)

DIVE 25 TIMED (100 GP ) - 25 EZ (1.30)

(2) = (1.8)

KICK SET :(MAIN STROKE )

50 (60) 100 (2) 200(4) 100 (2) 50 (60) (ALL OUT MX )

200 EZ SWIM (4)

(6) = (2.4)

HIGH INTENSITY x 3

4 X 50 FR @65 (HARD)

4 X 50 MS @65 (HARD)

100 EZ (2)

3 X 50 FR @55 (HARD)

3 X 50 MS @65 (HARD)

100 EZ (2)

1 X 50 FR @ 50 (HARD)

1 X 50 Ms @65 (HARD)

100 EZ (2)

(3.3) = (5.7)

Some Starts + Turns To Finish

300 ez swim