

Aerobic | FAREHAM NOMADS 2019/20

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

Default interval: 2:00 per 100

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Warm Up

x3

300 BK / FR (4.45)

8 X 50 MS KICK (65)

1-4 DES X2

8 X 25 AS (45)

1.15 MX 3 . 25 MX

2. 20 MX 4. EZ

(2.7)

Main SET X3

3 X 200 FR 2.40

6 X 100 1.25 BUILD

(3.6) (6.3)

100 EZ

### **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**

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

(3) - (4.6)

HIGH INTENSITY | FAREHAM NOMADS 2019/20

Tue Jul 13 '21 - 6:00 am 25 Meters

Default interval: 2:00 per 100

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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

Warm-up : X3

100 Fr on 1.30

100 kick on 2:00 MS

100 pull on 2.00 MS

200 IM on 4.00 (1.5)

Drill Set :

10 x 50 MS (DRILLS) on 1:00

(2k)

Kick Set :

16 x 100 kicking / MS KICK

1 -4 on 2:00

5 - 8 on 1.50

9 - 12 on 1:40

13 - 16 ALL OUT MX (2.30)

(1.6= 3.6)

Pull Set :

2 x 200 bk pull pb +pd (3.300)

(4) (4k)

Pre-Set 4 x 50 free on 1:00

(2) (4.2)

all out sprints to get heart rate up for next set!!!! heart should be up around 180bpm

Main Set This is my all time favourite set swimming 5 years at the national level. It really works the stroke and especially the mental ability! don't get discouraged from this set, as it is a mental challenge!!

The 50's are taken from dividing your 200 ms by 4 to get an average 50 time. then the first round is +2 second of that avg time, then +1 of avg time, then at your avg time, then minus 1 sec. of your avg time) :

16 x 50 MS on 1:00

#1-4 + 2

#5-8 +1

#9-12 +\-

#13-16 -1

(note: 1:00 rest after each round.) pulse should be up to 190+!!! V02MAx!!!)

(.8= 5K)

**Warm up ;**

x 3

300 BK/ FR (4.15)

4 X 75 MS KICK AS ; (1.30)

50 BUILD - 25 MX

8 X 25 1/2 MAX Under water fly kick (45)

8 X 25 MS AS (45)

(O) 20 mx

(E) TURN 15 MX

**PURE SPEED ; X4 (change stroke after each round imers)**

4 X 15M (45)

1 X 100 AS 25 D - 25 SWIM (2)

4 X 20 M (60)

1 X 150 AS (50S)(2.50)

S/D/S

4 X 25 (1.15) 100 Race Pace

1 X 200 AS (3.30)

50 D - 50 S

**RECOVERY ;**

12 X 75 B / PD (1.15)

TURNS Practice

**GET READY FOR RACE NIGHT**

WARM UP ;

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

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

200 BK (3.15) - 4 X 50 FR (45)

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)

Lac Set | FAREHAM NOMADS 2019/20

Fri Jul 16 '21 - 5:00 am 25 Meters

Default interval: 1:30 per 100

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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

A2 / LAC TOL

WARM UP

200 SMOOTH FR (3)

10 X 50 AS

1. BK (60)

2. M/S (50) build speed

KICK SET X2 (RACE KICK )

1 X 150 M/S KICK (SUB 200 PB )

1 X 50 M/S DRILL (60)

1 X 75 M/S KICK ( SUB 100 PB )

1 X 50 M/S DRILL (60)

12 X 25 AS (45)

(O) MX/EZ

(E) EZ / MX

LACTATE TOLERANCE

3 X 100 MS D1 -3 (2) 100 EASY 3

4 X 50 M/S MX (1) 100 EASY 3

2 X 100 M/S MX (2) 100 EASY 3

4 X 50 M/S MX (1) 100 EASY 3

1 X 100 M/S MX (2) 100 EASY 3

12 X 50 KICK

EVERY 3 IS 25 MX (60)

200 EASY

16 x 25 f to f drill (45)

Warm down

4 x 25 1/2 underwater 3 st mx bo (50)

200 ez

### **Warm up**

200 Fr Drill (fins) hand / finger tip (3.30)

4 x 50 ms drill (perfect) (1.10)

4 x 25 as 1/2 fly kick under water / ez swim (45)

200 Fr band / paddle (3)

5 x 100 ms kick (Hard)(1.40)

4 x 50 ms drill(60) - 3 x 50 ms 15/ 20/ 25 mx (65)

2 x 50 ms drill (60) - 2 x 50 ms 25 / 30 mx (65)

1 x 50 ms drill (60) - 1 x 50 build 25 - fast 25 (65)

### **Main set** (Race Speed)

200 RP swimmers (pace is PB + 2/3)

100 @pace (1.45)

100 @ ez speed (1.45)

2 x 100 @pace (1.45)

100 @ez (1.45)

100 @pace (1.45)

300 recovery (4.30)

50@pace (1/2 100 pb) (50) (divide 200 pace )

50 ez (60)

2 x 50 @ pace (50)

50 @ez (60)

50 @ pace (50)

50 @ez

finish set with really fast 24 x 25 kick (25)

### **Warm down**

10 x 50 long stretch out bk (60)

10 x 50 (fins) 16 kicks around body fly kick rest ez every turn )