

A2 SPEED END | STINGRAYS

Mon Oct 04 '21 - 5:00 am 25 Meters

Default interval: 1:30 per 100

WARM UP ;

300 EASY FREE (FINS)

50 SWIM / 50 BUILD KICK / 50 SAL / 50SAR / 100 BUILD EACH 50 (5)

3 X 100 BUILD KICK (1.50)

TOUGH SET

2 x 100 FR 1.30 - 1.40

200 FR 3 HARD

3 X 100 FR AS ABOVE

300 FR 4.30 HRAD

4 X 100 AS ABOVE

400 FR 6 HARD

5 X 100 AS ABOVE

500 FR 7.30

6 X 100 AS ABOVE

600 FR 9 HARD

7 X 100 AS ABOVE

700 10.30 HARD

8 X 100 AS ABOVE

800 12 HARD

400 BK STEADY

Warm-up

10 x 100 Fr / Bk (1.40) (10 fl kicks off walls)

400 im s/d/k/s (6.30)

6 x 100 fr (must be pb +15) (1.45)

200 ms drill (4)

(2.2)

Lac Pro Kick Set

12 x 50 ms kick as (60)

1 - steady / 1 build / 1 mx

5 x 100 ms kick

75 mx - 25 ez (2.30)

75 under 100 pb or within 5 sec

8 x 50 ms kick (1.10)

(o) St (e) mx

20 x 25 mx kick (30)

(2k) = (4.2K)

Warm Down

4 x 200 bk - fr (50s) pb +paddles (3)

(8) = (5k)

Warm up

200 Fr - Bk (3.30)

4 x 25 1/2 mx - 1/2 ez (45)

150 Fr smooth(2.15)

2 x 25 20 mx (45)

(5)

Thres hold set X 2

3 x 100 FR Des 1-3 On

1.25

2 x 75 @1.10

1.200 pace

2.mx

1 x 50 recovery (60)

2 x 100

1@ 1.30 (30bbm)

2@ 1.35(20bbm)

2 x 50 (50)

1.@200 rp

2. @mx

1 x 100 @1.35 (smooth)

2 x 25 @20

1.200 rp

2. mx

1 x 50 rec (1.30)

2 x 100 2

1.@ 1.15 (20BBM)

2.@ 1.25 (10BBM)

2 X 50 @(50)

1.200RP

2. MX

1X 50 REC (1.15)

1 X 100 @1.15(10BBM)

2 X 25 @20

1.FAST

2.MX

1 X 50 REC (1.15)

(1550) = (2050)

8 X 100 BEST EFFORT OFF BLOCKS (2)

(8) = (2850)

12 X 200 FINS + PD (2.40)

(2.4) = (5.250)

Warm up

400 ez (6.15)

4 x 100 isc (pb +15) (1.45)

8 x 25 as mx /ez (45)

(1K)

Main Set

800 (10.30)

20 x 50 (45) (HOLD 1500 RP)

400 (5.30)

16 x 50 (50) hold 35/36

200 (2.40)

8 x 50 (60) hold 32/33

200 Ez(4)

(3.8)= (4.8)

Main Set 2 x8 (fins)

4 x 25 Fly (40) Build Speed

4 x 50 hard (50)

(2.4) = (7.2)

Warm Down

3 x 100 bk (1.40) (fins)

(3) = (7.5)

Warm up

300 @ 5 As

100 Fr swim - 50 Rot kick (6 kicks change)

Focus on finding balance in the water , establish a solid line .

200 @ 3.30

150 Bk Swim- 50 Fly Kick on back

x4 (mix strokes up)

3 x 50 @ 50

1. Drill - Swim

1. DPS

1. Build to mx

(1.1)

Pre Set

4 Rounds

2 x 25 on 30

15 Mtr Fast - 10 smooth

(work under water speed and B/O

2 X 50 @50

Middle 25 Fast work the full turn

(all 5 pieces , approach, turn , push, u water , break out)

2 x 25 @45

15 smooth - pause - 10 mx to finish fast

(8) (1.9)

MAIN SET

6 X (3X50 @50 + 100 @2MINS)

2 X 50 PREP BUILD SPEED 1 X 50 @200 RACE PACE

100 RECOVERY

(2.1) (4k)

Warm Down

8 x 100 Fr or Bk kick (fins) @1.40

16 x 25 @45

(o) Fly Kick Under Water

(E) Ez Swim 15 LAST 10 Mx Fly

4 x 200 Fins+ Pd (2.45)

(2) - (6k)

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)

A2 /THRE

4 x 100 check speed (pb+15)

200 FR KICK 50 BLAST /50 STEADY (4)

(6)

MAIN SET (paddles)

12 X 150 FR

3 @ 2.30 1 last 6 @2mins

2 @ 2.20 2

1 @ 2.10 3

(1.8) = (2.4)

Ms kick

KICK TEST 400 FOR TIME (8)

KICK 200 FOR TIME (4)

KICK 100 FOR TIME (2)

(7) = (3.1)

FL SET

32 x 25 (fins) @30 - 40

200 FR (3)

16 X 25 FL

1-4 @40

5-8 @35

9-12 @30

13-16 @25

10 X 100 FR (1.30) (FINS)

(2,2) = (5.3)

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

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

8 x 25 fins fly kick under water (40)

10 x 100 bk (fins)@1.40

3 x 200 fr (3)

(1.8) = (5k)