

Hi-Elbow Triathlon Club

Venue: Antrim Forum Coach: Jen Date: 12/03/2008

WU 400m	10 sec rest between each section of WU 100 FC alternate 25 fists with 25 Open hand 75 FC DPS, 25 BC DPS 50 FC CK, 50 BC TK 100 FC as Breathe, 3, 5, 7, 9
Prep 400m (300m)	4x50 (descend by 2 sec each repeat) 'on' 70sec(Lane 1), 65sec(Lane 2), 60sec(Lane 3) 8x25 (Lane 1 do 6x25) alternate dead start (12.5 explode, 12.5 DPS) with push start (12.5 DPS with 12.5 explode) on 35sec (Lane 1), 30 sec (Lanes 2 and 3).
Main 1000m	Timed-test set. Please give me the overall time for the swim. Try to swim the repeats even paced throughout, as hard as possible, i.e. Roughly same time for each of the 10 repeats. E.g. Try to take mental note of your times for at least the 1st, 5th and 10th repeat 10 x 100 FC R10
Drill 400m (250m)	4x 50 FC R15 alternate 50 with paddles, 50 without (Drill to be explained) (Lane 1 - 3x 50) 4 x 50 R 15 U/W streamlined torpedo fly kick as far as poss FC to wall (Lane 1 - 2x 50)
Strength 200m (150m)	4x 50 R 25 Strength set (broken at 25 with 5 Pups)...to be explained :) (Lane 1 - 3x50)
SD 100 to 200m	100 to 200 (depending on time) alternating 25 double arm backcrawl (DABC) with 50 BC.
Total: 2200m to 2600m	KE Y WU = Warm-up, SD = Swim down, FC = Front Crawl, BC = Backcrawl, Fly = Butterfly, TK = torpedo kick, CK = Cannon kick, U/W = underwater, DPS = Distance per stroke (as far as poss on each stroke), R = Rest interval/period in seconds), 'on' = on times refer to the time it takes you to complete the swim, if you finish the swim before the 'on' time, the remainder of the time is your rest. E.g. 4x50 FC on 60 seconds. You do the first 50 in 43seconds, you then have 17seconds rest before you start your second 50.

Notes

I have put in less distance on some of the sets as an option for lane 1 athletes. Please feel free to do the full distances if you wish!

Please don't be put off by the way the sets are written, I'll explain all on Wed night!