FAST TIGERS – MORATORIUM

DATE Sat 7/3/21

**TRAINING FOR A PURPOSE (Relate Training to Racing)**

Stroke Reps Distance Time Comments mts

Fr 1 x 400 on 6:30 every 3rd back 400

Ba 3 x 100 on 2:00 25 pause/25 double/50 build 800

Br 3 x 100 on 2:00 25 2k-1p/25 fr scull/50 build

Fly 4 x 50 on 1’ 25 3k-str/25 Build to finish

**Speed training – To help you get easy speed the first ¼ of the race without pain**

 **Example:** short distance, long rest, max effort

Choice 8 x 25 on :45 no breathe, high tempo w/ DPC 200

 Stroke rate x Dist. Per Cycle = Velocity

 Odds kick tempo / Evens stroke tempo – partner gets metrics

 8 x 25 on :45 timed turns, flags in out 200

 Partner gets time 5 meters in out

K 8 x 25 on :45 cross pool under lane lines 200

 Fly – size and tempo

 Br-w/paddles pullouts

**Aerobic training – To help you hold a strong pace in the middle of the race, without building a**

 **breakdown of oxygen. Training sets in the pink/red/blue zone help you build**

 **endurance and increase pace.**

Fr 3 x 200 on 2:50/3:00 1- cycle count 2nd/4th 50 1200

Best 3 x 200 on 3:10/20 2- sprint 8m in/out each 50

 3- all out w/ DPC, great walls, great finish

K w/ fins 6 x 100 on 1:50 odds-25 uw/25 surface no board 600

 Evens- fast w/ board

**Anaerobic training – To help you adapt to the pain and fatigue associated with racing. This helps**

 **the last ¼ of your race. Example:** short to moderate distances on long rest max effort.

Choice 4 x 100 on 4’ Broken :15 at 50, hold 100 pace - dive 400

 Keep track of kick/cycle count

 Partner gets stroke rate 2nd 50

Bk 6 x 50 on 1:00 25 pause/25 elbow bend 300 4300