

KENDAL TRI CLUB

SET 11. KICK SPEED 2. LANE 1

WARM UP

200m relaxed any stroke

MAIN SET

Flexible ankles are very important for front crawl kick. If you cannot point your toes then you will be kicking in the wrong direction so won't move anywhere. Wearing fins helps to make your ankles more flexible.

4 x 100m with 1 minutes rest

1st 100m with float and fins head up

Deep slow kicks try not to let the knees bend too much

2nd 100m with float and fins catch up

Deep slow kicks, try and keep legs close together, especially when you take a breath

3rd 100m with float but without fins catch up

Deep slow kicks, keep your core strong to help keep your legs close together

4th 100m swim

Deep slow kick try to put the whole thing together

Repeat this set but try to do small faster kicks

Slow kicks are usually done when doing a long swim and fast kick when you are sprinting

2 x 200m full stroke steady, 2 beat leg kick. 1 minute rest

2 kicks to each arm cycle, replicating a long slow swim

4 x 50m full stroke fast, 6 beat leg kick. 30 seconds rest

6 kicks to each arm cycle, replicating a short fast swim

SWIM DOWN

200m any stroke steady

KENDAL TRI CLUB

SET 11. KICK SPEED 2. LANE 2

WARM UP

200m relaxed any stroke

MAIN SET

Flexible ankles are very important for front crawl kick if you cannot point your toes then you will be kicking in the wrong direction so won't move anywhere. Wearing fins helps to make your ankles more flexible.

4 x 100m with 1 minutes rest

1st 100m with float and fins head up

Deep slow kicks try not to let the knees bend too much

2nd 100m with float and fins catch up

Deep slow kicks, try and keep legs close together, especially when you take a breath

3rd 100m with float but without fins catch up

Deep slow kicks, keep your core strong to help keep your legs close together

4th 100m swim

Deep slow kick try to put the whole thing together

Repeat this set but try to do small faster kicks

Slow kicks are usually done when doing a long swim and fast kick when you are sprinting

2 x 200m full stroke steady, 2 beat leg kick. 1 minute rest

2 kicks to each arm cycle, replicating a long slow swim

4 x 50m full stroke fast, 6 beat leg kick. 30 seconds rest

6 kicks to each arm cycle, replicating a short fast swim

SWIM DOWN

200m any stroke steady

KENDAL TRI CLUB

SET 11.

KICK SPEED 2.

LANE 3

WARM UP

300m relaxed any stroke

MAIN SET

Flexible ankles are very important for front crawl kick if you cannot point your toes then you will be kicking in the wrong direction so won't move anywhere. Wearing fins helps to make your ankles more flexible.

6 x 100m with 30 seconds rest

1st 100m with float and fins head up

Deep slow kicks try not to let the knees bend too much

2nd 100m with float and fins catch up

Deep slow kicks, try and keep legs close together, especially when you take a breath

3rd 100m with float but without fins catch up

Deep slow kicks, keep your core strong to help keep your legs close together

4th 100m swim

Try to do a two beat leg kick, which is 1 kick to 1 pull. Just to keep your body balanced

5th 100m swim

Deep slow kick try to put the whole thing together

Repeat this set but try to do small faster kicks

Slow kicks are usually done when doing a long swim and fast kick when you are sprinting

2 x 200m full stroke steady, 2 beat leg kick. 1 minute rest

2 kicks to each arm cycle, replicating a long slow swim

4 x 50m full stroke fast, 6 beat leg kick. 30 seconds rest

6 kicks to each arm cycle, replicating a short fast swim

SWIM DOWN

300m any stroke steady

KENDAL TRI CLUB

SET 11.

KICK SPEED 2.

LANE 4

WARM UP

300m relaxed any stroke

MAIN SET

Flexible ankles are very important for front crawl kick if you cannot point your toes then you will be kicking in the wrong direction so won't move anywhere. Wearing fins helps to make your ankles more flexible.

6 x 100m with 30 seconds rest

1st 100m with float and fins head up

Deep slow kicks try not to let the knees bend too much

2nd 100m with tube and fins catch up

Deep slow kicks, try and keep legs close together, especially when you take a breath

3rd 100m with tube but without fins catch up

Deep slow kicks, keep your core strong to help keep your legs close together

4th 100m swim

Try to do a two beat leg kick, which is 1 kick to 1 pull. Just to keep your body balanced

5th 100m swim

Deep slow kick try to put the whole thing together

Repeat this set but try to do small faster kicks

Slow kicks are usually done when doing a long swim and fast kick when you are sprinting

3 x 200m full stroke steady, 2 beat leg kick. 1 minute rest

2 kicks to each arm cycle, replicating a long slow swim

5 x 50m full stroke fast, 6 beat leg kick. 30 seconds rest

6 kicks to each arm cycle, replicating a short fast swim

SWIM DOWN

300m any stroke steady

KENDAL TRI CLUB

SET 11.

KICK SPEED 2.

LANE 5

WARM UP

400m relaxed any stroke

MAIN SET

Flexible ankles are very important for front crawl kick if you cannot point your toes then you will be kicking in the wrong direction so won't move anywhere. Wearing fins helps to make your ankles more flexible.

6 x 100m with 20 seconds rest

1st 100m with float and fins head up

Deep slow kicks try not to let the knees bend too much

2nd 100m with tube and fins catch up

Deep slow kicks, try and keep legs close together, especially when you take a breath

3rd 100m with tube but without fins catch up

Deep slow kicks, keep your core strong to help keep your legs close together

4th 100m swim

Try to do a two beat leg kick, which is 1 kick to 1 pull. Just to keep your body balanced

5th 100m swim

Deep slow kick try to put the whole thing together

Repeat this set but try to do small faster kicks

Slow kicks are usually done when doing a long swim and fast kick when you are sprinting

4 x 200m full stroke steady, 2 beat leg kick 30 sec rest

2 kicks to each arm cycle, replicating a long slow swim

6 x 50m full stroke fast, 6 beat leg kick. 15 sec rest

6 kicks to each arm cycle, replicating a short fast swim

SWIM DOWN

300m any stroke steady

KENDAL TRI CLUB

SET 11. KICK SPEED 2. LANE 6

WARM UP

300m relaxed any stroke

MAIN SET

Flexible ankles are very important for front crawl kick if you cannot point your toes then you will be kicking in the wrong direction so won't move anywhere. Wearing fins helps to make your ankles more flexible.

6 x 100m with 20 seconds rest

1st 100m with float and fins head up

Deep slow kicks try not to let the knees bend too much

2nd 100m with tube and fins catch up

Deep slow kicks, try and keep legs close together, especially when you take a breath

3rd 100m with tube but without fins catch up

Deep slow kicks, keep your core strong to help keep your legs close together

4th 100m swim

Try to do a two beat leg kick, which is 1 kick to 1 pull. Just to keep your body balanced

5th 100m swim

Deep slow kick try to put the whole thing together

Repeat this set but try to do small faster kicks

Slow kicks are usually done when doing a long swim and fast kick when you are sprinting

4 x 200m full stroke steady, 2 beat leg kick. 30 sec rest

2 kicks to each arm cycle, replicating a long slow swim

8 x 50m full stroke fast, 6 beat leg kick. 15 sec rest

6 kicks to each arm cycle, replicating a short fast swim

SWIM DOWN

300m any stroke steady