

KENDAL TRI CLUB

SET 5

KICK SPEED

LANE 1

WARM UP

200m **relaxed** any stroke

MAIN SET

Throughout this set, try not to let your knees bend too much. They should bend more when doing deep slow kicks less when doing fast shallow kicks. Wearing fins help your ankles to be more flexible which is very important when kicking

100m Kick Head up with float
alternate lengths slow and fast kick
100m catch up with tube
alternate lengths slow and fast kick
100m swim
alternate lengths slow and fast kick

400m swim Steady
Try to go faster every 4th length

4 x 50m with 30 seconds rest negative splits
Swim second length faster than the first

400m Steady
Sprint every 3rd length

4 x 50m with 30 seconds rest
Set off each length steady and build to attack the turn and attack the finish

SWIM DOWN

200m any stroke **steady**

KENDAL TRI CLUB

SET 5

KICK SPEED.

LANE 2

WARM UP

200m **relaxed** any stroke

MAIN SET

Throughout this set, try not to let your knees bend too much. They should bend more when doing deep slow kicks less when doing fast shallow kicks. Wearing fins help your ankles to be more flexible which is very important when kicking

100m Kick

Head up with float alternate lengths slow and fast kick

100m catch up with tube

alternate lengths slow and fast kick

100m swim

alternate lengths slow and fast kick

400m swim Steady

Sprint every 4th length

4 x 50m with 30 seconds rest negative splints

Swim second length faster than the first

400m Steady

Sprint every 3rd length

4 x 50m with 30 seconds rest

Set off each length steady and build to attack the turn and attack the finish

SWIM DOWN

200m any stroke **steady**

KENDAL TRI CLUB

SET 5

KICK SPEED.

LANE 3

WARM UP

300m **relaxed** any stroke

MAIN SET

100m Kick

Head up with float alternate lengths slow and fast kick

100m catch up with tube

alternate lengths slow and fast kick

100m swim

alternate lengths slow and fast kick

400m swim steady

Sprint every 4th length

4 x 50m with 20 seconds rest negative splints

Swim second length faster than the first

400m Steady

Sprint every 3rd length

4 x 50m with 20 seconds rest

Set off each length steady and build to attack the turn and attack the finish

SWIM DOWN

200m any stroke **steady**

KENDAL TRI CLUB

SET 5

KICK SPEED.

LANE 4

WARM UP

300m relaxed any stroke

MAIN SET

100m Kick

Head up with float alternate lengths slow and fast kick

100m catch up with tube

alternate lengths slow and fast kick

100m swim

alternate lengths slow and fast kick

600m swim Steady

Sprint every 4th length

4 x 50m with 15 seconds rest negative splints

Swim second length faster than the first

400m Steady

Sprint every 3rd length

4 x 50m with 15 seconds rest

Set off each length steady and build to attack the turn and attack the finish

SWIM DOWN

300m any stroke steady

KENDAL TRI CLUB

SET 5

KICK SPEED

LANE 5

WARM UP

400m relaxed swim

MAIN SET

100m Kick

Head up with float alternate lengths slow and fast kick

100m catch up with tube

alternate lengths slow and fast kick

100m swim

alternate lengths slow and fast kick

800m swim Steady

Sprint every 4th length

8 x 50m with 15 seconds rest negative splints

Swim second length faster than the first

400m Steady

Sprint every 3rd length

8 x 50m with 15 seconds rest

Set off each length steady and build to attack the turn and attack the finish

SWIM DOWN

400m any stroke steady

KENDAL TRI CLUB

SET 5

KICK SPEED

LANE 6

WARM UP

400m relaxed swim

MAIN SET

100m Kick

Head up with float alternate lengths slow and fast kick

100m catch up with tube

alternate lengths slow and fast kick

100m swim

alternate lengths slow and fast kick

800m swim Steady

Sprint every 4th length

8 x 50m with 15 seconds rest negative splints

Swim second length faster than the first

400m Steady

Sprint every 3rd length

8 x 50m with 10 seconds rest

Set off each length steady and build to attack the turn and attack the finish

SWIM DOWN

400m any stroke steady