

# KENDAL TRI CLUB

**SET 5**

**KICK SPEED**

**LANE 1**

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## **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

6 x 100 with 30 seconds rest

1st 100m kick with a float head up with fins.

Lengths 1 and 3 deep slow kicks.

Lengths 2 and 4 shallow fast kicks.

2nd 100m kick with float and fins

Put your face in the water blowing out use one arm only when you want to turn your head to breathe.

Lengths 1 and 3 deep slow kicks

Lengths 2 and 4 shallow fast kicks.

3rd 100m swim full stroke with fins.

Length 1 and 3 deep slow kicks

Lengths 2 and 4 fast shallow kicks

The 4th 5th 6th are repeats without fins

## **SWIM DOWN**

200m any stroke **steady**

# KENDAL TRI CLUB

**SET 5**

**KICK SPEED.**

**LANE 2**

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## 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

6 x 100 with 30 seconds rest

1st 100m kick with a float head up with fins.

Lengths 1 and 3 deep slow kicks.

Length 2 and 4 shallow fast kicks.

2nd 100m kick with float and fins but face in water blowing out use one arm only when you want to turn your head to breathe.

Lengths 1 and 3 deep slow kicks

lengths 2 and 4 shallow fast kicks.

3rd 100m swim full stroke with fins.

Lengths 1 and 3 deep slow kicks

Lengths 2 and 4 fast shallow kicks

The 4th 5th 6th are repeats without fins

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

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

6 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 5**

**KICK SPEED.**

**LANE 3**

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## WARM UP

300m **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

6 x 100 with 30seconds rest

1st 100m kick with a float head up with fins.

**Lengths 1 and 3 deep slow kicks.**

**Lengths 2 and 4 shallow fast kicks.**

2nd 100m kick with float and fins but face in water blowing out use one arm only when you want to turn your head to breathe.

**Lengths 1 and 3 deep slow kicks**

**Lengths 2 and 4 shallow fast kicks.**

3rd 100m swim full stroke with fins.

**Lengths 1 and 3 deep slow kicks**

**Lengths 2 and 4 fast shallow kicks**

The 4th 5th 6th are repeats without fins

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

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

6 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 5**

**KICK SPEED.**

**LANE 4**

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## WARM UP

300m **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

6 x 150 with 30 seconds rest

1st 150m kick with a float head up with fins.

Lengths 1, 3 and 5 deep slow kicks.

Lengths 2, 4 and 6 shallow fast kicks

2nd 100m kick with float or tube and fins but face in water blowing out use one arm only when you want to turn your head to breathe.

Lengths 1,3 and 5 deep slow kicks

Lengths 2, 4 and 6 shallow fast kicks.

3rd 100m swim full stroke with fins.

Lengths 1, 3 and 5 deep slow kicks

Lengths 2, 4 and 6 fast shallow kicks

The 4th 5th 6th are repeat but without fins

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

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

8 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 5**

**KICK SPEED**

**LANE 5**

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## WARM UP

400m **relaxed** swim

## 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

9 x 150 with 20 seconds rest

1st 150m kick with a float head up with fins.

**Length 1, 3 and 5 deep slow kicks.**

**Length 2, 4 and 6 shallow fast kicks**

2nd 150m kick with tube and fins but face in water blowing out use one arm only when you want to turn your head to breathe.

**Lengths 1, 3 and 5 deep slow kicks**

**Lengths 2, 4 and 6 shallow fast kicks.**

3rd 150m swim full stroke with fins.

**Length 1, 3 and 5 deep slow kicks**

**length 2, 4 and 6 fast shallow kicks**

The 4th 5th 6th 7th 8th 9th are repeat without fins

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

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

8 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

400m any stroke **steady**

# KENDAL TRI CLUB

**SET 5**

**KICK SPEED**

**LANE 6**

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## WARM UP

400m **relaxed** swim

## 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

9 x 150 with 20 seconds rest

1st 150m kick with a float head up with fins.

Length 1, 3 and 5 deep slow kicks.

Length 2, 4 and 6 shallow fast kicks.

2nd 150m kick with pipe and fins but face in water blowing out use one arm only when you want to turn your head to breathe.

Lengths 1, 3 and 5 deep slow kicks

Lengths 2, 4 and 6 shallow fast kicks.

3rd 150m swim full stroke with fins.

Length 1, 3 and 5 deep slow kicks

Lengths 2, 4 and 6 fast shallow kicks

The 4th 5th 6th 7th 8th 9th are repeat without fins

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

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

10 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

400m any stroke **steady**