

North West Athletics: Triathlon Kick-Stroke Sets (1)

Warm Up

(Choice: minimum 400m)

K = Kick
 Keep Head Up:
 F/S or FLY kick,
 or combination

S = Stroke
 Bilateral breathing
 + 2-4 strokes head
 up mid-pool

- 1K - 2S
- 2S - 1K
- 2K - 1S
- 1S - 2K
- 3K
- 3S

50m Pool		
	w/o fins	with fins
Legend:	3:00	2:00
Excellent:	3:15	2:15
Well Done	3:30	2:30

or 10 , 15 , or 20 second
 recovery after each task,
 e.g. after 1K—2S

900

200 F/S ICS .. no fins

200



Bi-lateral Breathing (3/5): helps balance your stroke
www.nwaswimaths.com

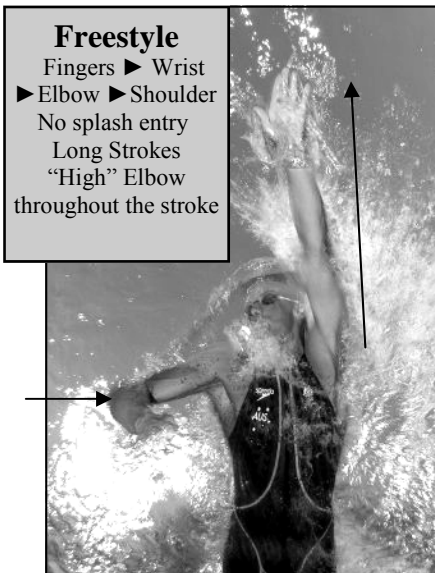
- 3S
- 3K

300

10 x 50IM on 50 or 1:00
 (with or w/o fins)

500

(6 FLY ▶ 12 B/K ▶ 6 B/R (fly kick if with fins) ▶ F/S to 50m)



Freestyle
 Fingers ▶ Wrist
 ▶ Elbow ▶ Shoulder
 No splash entry
 Long Strokes
 "High" Elbow
 throughout the stroke

- 1K - 2S
- 2S - 1K
- 2K - 1S
- 1S - 2K
- 3K
- 3S

Challenge Yourself
 All or alternate
 Kicks
FLY KICK

900

Warm Down

(Choice: Minimum 300m)

2.800 + w/u + w/d

The harder YOU work, the harder it is to surrender