

2021.11.06am – 25m 'Indoors', Fenerbahçe 

Siobhán: [Speed Endurance]

600 CH

500 K

400 P or P/P

300 w/ F as 50 FLY – 50 Hypoxic – 50 BA

200 Social K

100 Scull

4x { 25 prog. 1-4 **GREEN** w/ chute + CH gear
25 CLEAR

Dive 25 **GREEN** + 75 CLEAR

5x { 4x Dive Sprint efforts **GREEN** → **PURPLE**
Focus; Hold rate and speed throughout efforts
200 CLEAR

r.1 = **15, 25, 15, 25**

r.2 = **15, 35, 25, 35**

r.3 = **25, 30, 50, 25**

r.4 = **25, 50, 25, 50**

r.5 = **15, 50, 25, 65**

400+ SD [= 5.0km]



21°C



	2	3	4	5	6	7
11	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28

Rating of Perceived Exertion	
Nothing	0
Very, very easy	1
Easy	2
Moderate	3
Somewhat hard	4
Hard	5
	6
Very hard	7
	8
	9
Maximum	10
"How hard did you work"	

The objective of this set is to maintain maximum speed throughout.

Timing the first 15m.. then on the 25m repeats timing both 15m and 25m with the athlete's goal to pass 15m at the time time and then continue the speed to 25m.. repeat all the way up to 65m.

All times from foot leave...
Siobhán typically has a ~.70 reaction time which would make the last series:

6.5
17.3/26.4
6.4/12.4
6.4/12.4/17.0/26.0/33.6

Siobhán:

5.9

6.2/12.1

6.0

6.0/11.7

5.9

12.0/16.7

5.8/11.9

12.0/16.7

5.9/11.9

12.1/16.8

16.7/25.6

5.8/11.6

5.8/11.7

16.8/25.7

5.8/11.7

16.6/25.5

5.8

16.6/25.7

5.8/11.7

5.7/11.7/16.3/25.3/32.9