

A continuación os presentamos dos sesiones de entrenamiento realizadas a principios de este año 2016 por el espaldista doble campeón del Mundo Mitch Larkin, entrenado por Michael Bohl.

Session 1

Warm Up

4 x 500 as

200 swim 100 Kick 200 bk free x 50

200 swim 100 kick 200 pull breath 5

200 swim 100 kick 200 Reverse IM

200 swim 100 kick 4 x 50 jump out on 50

Main Set

6 x 100 free on 1.30 @ 160 HR (40 bpm) holding 62

1 minute rest

6 x 100 free on 1.45 @ 150 / 160 / 170 HR x 2 holding 63 / 61/ 58

1 minute rest

6 x 100 pull free on 1.15 cruise (comfortable - holding 63)

1 minute rest

6 x 100 back on 1.45 @ 150/160/170 HR x 2 holding 66 / 63 / 60

finz

4 x 150 as kick drill swim x 50 on 2.30

5km

Session 2

Warm Up

4 x 300

as odds every 3rd lap bk / evens 100 pull / 100 kick / 100 swim as 75m comfortable 25 m build on pull kick swim

4 x 200 kick on 4.15 as des 1-4 last one was 2.39.1

4 x 100 as free 1.30/1.25/1.20/1.15

4 x 50 as drill swim bk alternate with 50 bk pb plus 6 in low stroke count on 60
100 easy

Main Set

16 x 50 as 3 comfortable 1 200 pace plus 1 (29 seconds) on 50
100 easy

12 x 50 as 2 comfortable 1 200 pace (28 seconds) on 60
100 easy

8 x 50 as 1 comfortable 1 200 pace - 1 second (27 seconds) on 70
100 easy

4 x 50 as 200 pace - 1 second (27 - he actually held 26!) on 80
400 easy

finz

3 x 200 as 100 kick 100 swim / 50 kick 100 swim 50 kick / 100 kick 100 swim on 3.10

6 km