

PABLO MALVACIO – MUNICIPIO DE ESTEBAN ECHEVERRIA & PILETA AGUAS ABIERTAS
(ARGENTINA)

Test set

Test kicking 1000 mts (in SCM or LCM) with board.

Kick Set

4x50 @1'30" all in out + 100@2' keep the pace

4x50 @1'30" all in out + 200@4' keep the pace

4x50 @1'30" all in out + 300@6' keep the pace

4x50 @1'30" all in out + 400@8' keep the pace

Vo2 and using the subacuatic

4x100 @2'10" RP400

3x100 @1'40" RP 200 1° 100 with 6 UW kick / 2° 100 with 6 UW kick / 3° 100 with 4 UW kick

Another with the subacuatic

Repeat 4 times.

3x200 @2'40" -40 bpm

2x15 subacuatic kick FAST

2x12 subacuatic kick FAST

2x200 @2'40" -30 bpm