



# Morpeth Amateur Swimming Club

## Test Sets – March 2020

Squad	Aerobic	Kick	Stroke Efficiency	Stroke Efficiency	Race Specific	Dolphin Kick
<b>Performance</b>	2K FS under 27:30	400 FS Kick under 7:00	15 x 200 FS @3:05 15 < SC 5 DK each push off Even pace	24 x 100 IM @1:45 10-15-10-15 < SC 5 DK each push off or 7.5m Pull out	20 x 50 @ 200 RP/SR (FS @ 55, BK @ 1:00, BRST/FLY @ 1:05)	Able to perform effective DK skills on all applicable starts & turns to optimise performance
<b>Competitive 3</b>	N/a – to be added	400 FS Kick under 8:00	20 x 100 FS @1:45 18 < SC 5 DK each push off Even pace	12 x 100 IM @2:00 12-18-12-18 < SC 5 DK each push off or 6.5m Pull out	Ability to compete in all competitive strokes and distances legally and proficiently	Able to perform 15m DK UW from all applicable Starts & Turns
<b>Competitive 2 Competitive Youth Seniors</b>	N/a	200 FS Kick under 5:00	20 x 50 FS @1:10 20 < SC 5 DK each push off Even pace	32 x 25 (8 x each) @ 45 Hold good form & UW skills Use of pace clock	Ability to compete in all competitive strokes and distances legally and proficiently (exception of 400-800-1500 FS, 400 IM, 200 FLY)	Able to perform 12.5m DK UW from all applicable Starts & Turns
<b>Competitive 1</b>	N/a	200 FS Kick under 6:00	20 x 25 FS @50 20 < SC 5 DK each push off Use of pace clock	16 x 25 (4 x each) @ 1:00 Hold good form & UW skills Use of pace clock	Ability to perform correct starts and turns on all 4 strokes & attempt IM	Able to perform 10m DK UW from all applicable Starts & Turns

<b>Skill Development 2</b>	N/a	8 x 50 FS Kick @ 1:30	16 x 25 FS @ 1:00 24 < SC 4 DK each push off Use of pace clock	12 x 25 (3 x each) Hold good form & UW skills	Ability to perform recognisable starts and turns on all 4 strokes (25m) & 50m FS	Able to perform 7m DK on front & back from push off
<b>Skill Development 1</b>	N/a	8 x 25 FS Kick @ 1:00	8 x 25 FS @ 1:00 24 < SC 3 DK each push off Use of pace clock	8 x 25 (2 x each) Hold good form & UW skills	Ability to perform recognisable starts and turns on all 4 strokes (25m)	Able to perform 5m DK on front & back from push off
<b>Minnows</b>	Allocated place following trial session					