

**FOCUS: Fitness - Increasing effort**

**1.5 hour**

**MSNSW**

Level	One	Two	Three
<p><b>Warm up</b> (with fins)</p>	<p>400 choice</p> <p>Drills: 100 of each</p> <ul style="list-style-type: none"> <li>6-3-6</li> <li>Almost catch up</li> <li>Pull/paddles</li> <li>Streamline kick – 4 x 25 no board no fins</li> </ul> <p style="text-align: right;">800</p>	<p>400 choice</p> <p>Drills: 100 of each</p> <ul style="list-style-type: none"> <li>6-3-6</li> <li>Almost catch up</li> <li>Pull/paddles</li> <li>Streamline kick – 4 x 25 no board no fins</li> </ul> <p style="text-align: right;">800</p>	<p>500 choice</p> <p>Drills: 100 of each</p> <ul style="list-style-type: none"> <li>6-3-6</li> <li>Almost catch up</li> <li>Pull/paddles</li> <li>Streamline kick – 4 x 25 no board no fins</li> </ul> <p style="text-align: right;">900</p>
<p><b>Main Set</b></p> <p><b>Focus/Tips:</b></p> <p>Work on acceleration through pull Increase effort through Set E=easy M= moderate H=Hard</p>	<p><b>Freestyle Set Increasing effort</b></p> <p><b>2 X</b></p> <ul style="list-style-type: none"> <li>3 x 100 as E M H 30 sec R</li> <li>1 x 100 Kick good pace 30 sec I</li> <li>100 easy 900</li> </ul> <p><b>Form Set increasing effort</b></p> <p><b>2 X:</b></p> <ul style="list-style-type: none"> <li>3 x 50 Form as E (could be drill) M H 30 sec R</li> <li>1 x 50 Kick 30 sec R</li> </ul> <p style="text-align: right;">400</p> <p>200 pull /paddles (if time) 200</p>	<p><b>Freestyle Set Increasing effort</b></p> <p><b>2 X:</b></p> <ul style="list-style-type: none"> <li>3 x 100 as E M H on 2.00 or 30 sec R</li> <li>1 x 100 Kick good pace on 2.30 or 30 sec I</li> <li>100 easy 900</li> </ul> <p><b>Form Set increasing effort</b></p> <p><b>3 X:</b></p> <ul style="list-style-type: none"> <li>3 x 50 Form as E (could be drill) M H on 1.15 or 30 sec R</li> <li>1 x 50 Kick on 1.30 or 30 sec R 600</li> </ul> <p><b>IM SET</b></p> <p>200 IM drill fins 200 3 x 100 IM mod pace 15 sec I 300</p>	<p><b>Freestyle Set Increasing effort</b></p> <p><b>3 X:</b></p> <ul style="list-style-type: none"> <li>3 x 100 as E M H on 1.30/1.40/1.45</li> <li>1 x 100 Kick good pace on 2.30</li> <li>100 easy 1300</li> </ul> <p><b>Form Set increasing effort</b></p> <p><b>3 X :</b></p> <ul style="list-style-type: none"> <li>3 x 50 Form as E (could be drill) M H on 1.00/1.10</li> <li>1 x 50 Kick on 1.15 600</li> </ul> <p><b>IM SET</b></p> <p>200 IM drill fins 200 4 x 100 IM mod pace on 2.00/2.15 400</p>
<p><b>Cool Down</b></p>	<p>Cool down 200 2500</p>	<p>Cool down 200 3000</p>	<p>Cool down 200 3600</p>