

Level	One	Two	Three
<b>Warm up</b>  (with fins)	300 choice  Backstroke Set: <ul style="list-style-type: none"> <li>4 x 25 kick – no fins</li> <li>Drills: 100 6-3-6, 100 almost catch up – pause accelerate</li> <li>100 swim – focus on turns and technique</li> </ul> 600	400 choice  Backstroke Set: <ul style="list-style-type: none"> <li>4 x 25 kick – no fins</li> <li>Drills: 100 6-3-6, 100 almost catch up – pause accelerate</li> <li>100 swim – focus on turns and technique</li> </ul> 700	500 choice  Backstroke Set: <ul style="list-style-type: none"> <li>4 x 25 kick – no fins</li> <li>Drills: 100 6-3-6, 100 almost catch up – pause accelerate</li> <li>100 swim – focus on turns and technique</li> </ul> 800
<b>Main Set</b>  Focus/Tips:	<b>MAIN SET:</b> <b>Backstroke :</b> <ul style="list-style-type: none"> <li>4 x 25 focus on underwater work</li> <li>1 x100 sprint</li> <li>4 x 50 sprint 30 sec R</li> </ul> 100 easy 500 <b>Freestyle :</b> <ul style="list-style-type: none"> <li>Threshold pyramid</li> </ul> 2 x 50 15 sec R 1 x 100 30 sec R 1 x 200 1 min R 1 x 100 2 x 50 <ul style="list-style-type: none"> <li>200 pull /paddles</li> </ul> 800 <b>IM switches ( fins)</b> 2 X 25 Fly/ 25 Back 2 x 25 Back/ 25 BRS 200 30 sec R	<b>MAIN SET:</b> <b>Backstroke :</b> <ul style="list-style-type: none"> <li>4 x 25 focus on underwater work</li> <li>2 x100 sprint – on 2.30</li> <li>4 x 50 sprint on 1.30</li> </ul> 100 easy 600 <b>Freestyle :</b> <ul style="list-style-type: none"> <li>Threshold pyramid</li> </ul> 4 x 50 on 60 1 x 100 on 2.00/2.10 1 x 200 on 4.00/4.15 1 x 100 4 x 50 <ul style="list-style-type: none"> <li>200 pull /paddles</li> </ul> 1000 <b>IM switches</b> 4 X 25 Fly/ 25 Back 4 x 25 Back/ 25 BRS 400 30 sec R	<b>MAIN SET:</b> <b>Backstroke :</b> <ul style="list-style-type: none"> <li>4 x 25 focus on underwater work</li> <li>2 x100 sprint – on 2.00/2.15</li> <li>4 x 50 sprint on 1.00/1.05</li> </ul> 100 easy 600 <b>Freestyle :</b> <ul style="list-style-type: none"> <li>Threshold pyramid</li> </ul> 2 x 50 on 55 1 x 100 on 1.35/1.40 1 x 200 on 3.15/3.30 1 x 100 2 x 50 REPEAT PYRAMID =1.2 <ul style="list-style-type: none"> <li>200 pull /paddles</li> </ul> 1400 <b>IM switches</b> 6 X 25 Fly/ 25 Back 6 x 25 Back/ 25 BRS 600 On 1.15
<b>Cool Down</b>	200 choice 2300	200 choice 2900	200 choice 3600