

FOCUS: Backstroke 1 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice</p> <p>Backstroke set:</p> <ul style="list-style-type: none"> 4 x 25 kick – no fins <p>Drill: 100 6-3-6,- strong catch focus – 3 quick strokes/extend on catch for 6 kicks and then into 3 strokes 500</p>	<p>300 choice</p> <p>Backstroke set:</p> <ul style="list-style-type: none"> 4 x 25 kick – no fins <p>Drill: 100 6-3-6,- strong catch focus – 3 quick strokes/extend on catch for 6 kicks and then into 3 strokes 500</p>	<p>400 choice</p> <p>Backstroke set:</p> <ul style="list-style-type: none"> 4 x 25 kick – no fins Drill: 100 6-3-6,- strong catch focus – 3 quick strokes/extend on catch for 6 kicks and then into 3 strokes 600
<p>Main Set</p> <p>Focus/Tips:</p> <p>Work on turns in sprints</p> <p>Freestyle Set is endurance Short rest</p>	<p>MAIN SET:</p> <p>Backstroke:</p> <ul style="list-style-type: none"> 4 x 50 sprint 15 sec I Hard Effort 95% 100 easy 300 <p>Freestyle :</p> <ul style="list-style-type: none"> 10 x 50 on 1.15 200 pull /paddles 700 <p>IM Set:</p> <ul style="list-style-type: none"> 2 x 100 IM 30 sec I 80% 200 pull paddles 400 	<p>MAIN SET:</p> <p>Backstroke:</p> <ul style="list-style-type: none"> 4 x 50 sprint on 1.30 or 15 sec I Hard Effort 95% 100 easy 300 <p>Freestyle :</p> <ul style="list-style-type: none"> 12 x 50 on 1.00 200 pull /paddles 800 <p>IM Set:</p> <ul style="list-style-type: none"> 3 x 100 IM 20 sec I 80% 200 pull paddles 500 	<p>MAIN SET:</p> <p>Backstroke: Hard Effort 95%</p> <ul style="list-style-type: none"> 1 x 100 sprint 4 x 50 sprint on 1.15 I 100 easy 500 <p>Freestyle :</p> <ul style="list-style-type: none"> 16 x 50 on 55 200 pull /paddles 1000 <p>IM Set:</p> <ul style="list-style-type: none"> 4 x100 IM on 2.00 80% 400
<p>Cool Down</p>	<p>Cool Down 100 2000</p>	<p>Cool Down 200 2300</p>	<p>Cool Down 200 2700</p>