

FOCUS: Backstroke and Freestyle Increasing Effort

1 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice</p> <p>Backstroke Drills – 100 of each</p> <ul style="list-style-type: none"> 6-3-6 - focus on rotation 1 arm Back– focus on pull kick <p>4 x 25 heart-starters – fins 700</p>	<p>400 choice</p> <p>Backstroke Drills – 100 of each</p> <ul style="list-style-type: none"> 6-3-6 - focus on rotation 1 arm Back– focus on pull kick <p>4 x 25 heart-starters – fins 800</p>	<p>400 choice</p> <p>Backstroke Drills – 100 of each</p> <ul style="list-style-type: none"> 6-3-6 - focus on rotation 1 arm Back– focus on pull kick <p>4 x 25 heart-starters – fins 800</p>
<p>Main Set</p> <p>Focus/Tips:</p> <p>E = easy M = moderate H = hard</p>	<p>MAIN SET:</p> <p>Backstroke:</p> <ul style="list-style-type: none"> 4 x 50 quality Back sprint –30 sec I 300 100 easy backstroke 300 <p>Freestyle: Increasing effort</p> <p>4 x 100 as E M H E 30 sec R active recovery on Easy 100</p> <p>100 easy 500</p> <p>Form 50s</p> <p>6 x 50 Form choice good pace on 1.30 300</p>	<p>MAIN SET:</p> <p>Backstroke:</p> <ul style="list-style-type: none"> 4 x 50 quality Back sprint – on 1.30 or 30 sec I 300 100 easy backstroke 300 <p>Freestyle: Increasing effort</p> <p>2 x (3 x 100) as E M H on 2.00/2.15 active recovery on Easy 100</p> <p>100 easy 700</p> <p>Form 50s</p> <p>6 x 50 Form choice good pace on 1.30 300</p>	<p>MAIN SET:</p> <p>Backstroke:</p> <ul style="list-style-type: none"> 4 x 50 quality Back sprint – on 1.30 or 30 sec I 300 2 x100 quality backstroke on 2.15 500 100 easy backstroke 500 <p>Freestyle: Increasing effort</p> <p>3 x (3 x 100) as E M H on 1.40/1.45 active recovery on Easy 100</p> <p>100 easy 1000</p> <p>Form 50s</p> <p>6 x 50 Form choice good pace on 1.15 300</p>
<p>Cool Down</p>	<p>200 choice 2000</p>	<p>200 choice 2300</p>	<p>200 choice 2800</p>