

FOCUS: Backstroke starting sprints

1 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice</p> <p>100 freestyle turning somersault every 5 strokes</p> <p>100 kick</p> <p><i>Backstroke Drills:</i></p> <p>100 6-3-6</p> <p>100 pause and accelerate – focus on accelerating through pull</p> <p style="text-align: right;">700</p>	<p>400 choice</p> <p>100 freestyle turning somersault every 5 strokes</p> <p>100 kick</p> <p><i>Backstroke Drills:</i></p> <p>100 6-3-6</p> <p>100 pause and accelerate – focus on accelerating through pull</p> <p style="text-align: right;">800</p>	<p>400 choice</p> <p>100 freestyle turning somersault every 5 strokes</p> <p>100 kick</p> <p><i>Backstroke Drills:</i></p> <p>100 6-3-6</p> <p>100 pause and accelerate – focus on accelerating through pull</p> <p style="text-align: right;">800</p>
<p>Main Set</p> <p>Focus/Tips:</p>	<p><i>Backstroke Sprints:</i></p> <ul style="list-style-type: none"> • 3 x 50 back focus on turns 30 sec rest • 3 x 50 back/breast switches – focus on turn 30 sec rest • 100 easy 400 <p><i>Freestyle:</i></p> <ul style="list-style-type: none"> • 200 paddles/pull buoy • 4 x 50 SPRINT freestyle on 30 sec R-work turns • 100 easy • Freestyle threshold set: <ul style="list-style-type: none"> 1 x 50 15 sec R 2 x 100 30 sec R 1 x 50 15 sec R 800 	<p><i>Backstroke Sprints:</i></p> <ul style="list-style-type: none"> • 4 x 50 back focus on turns on 1.30 or 30 sec rest • 4 x 50 back/breast switches – focus on turn on 1.30 or 30 sec rest • 100 easy 500 <p><i>Freestyle:</i></p> <ul style="list-style-type: none"> • 200 paddles/pull buoy • 4 x 50 SPRINT freestyle on 1.30 - work turns • 100 easy • Freestyle threshold set: <ul style="list-style-type: none"> 1 x 50 on 60 1 x 100 on 2.00 1 x 200 on 4.00 1 x 100 1 x 50 1000 	<p><i>Backstroke Sprints:</i></p> <ul style="list-style-type: none"> • 4 x 50 back focus on turns on 1.30 • 4 x 50 back/breast switches – focus on turn on 1.30 • 100 easy 500 <p><i>Freestyle:</i></p> <ul style="list-style-type: none"> • 200 paddles/pull buoy • 4 x 50 SPRINT freestyle on 1.15 - work turns • 100 easy • Freestyle threshold set: maintain pace <ul style="list-style-type: none"> 2 x 50 on 50/55 1 x 100 on 1.40/1.45 1 x 200 on 3.20/3.30 1 x 100 2 x 50 1300
<p>Cool Down</p>	<p>200 choice 2100</p>	<p>200 choice 2500</p>	<p>200 choice 2800</p>