

**FOCUS: Backstroke**

**1.5 hour**

**MSNSW**

Level	One	Two	Three
<p><b>Warm up</b> (with fins)</p>	<p>300 Free <b>Kick Set</b> 8 x 25 4 free, 4 back <b>Backstroke Drills</b></p> <ul style="list-style-type: none"> <li>• 100 m 6 kick drill – practise rotation</li> <li>• 100 m 1 arm backstroke</li> <li>• 100 m cup on head</li> </ul> <p>100 m acceleration in stroke – arms at 6 and 12 o'clock – lift lower arm up ½ way , pause then continue stroke, accelerate underwater arm thru push phase 900</p>	<p>400 Free <b>Kick Set</b> 8 x 25 4 free, 4 back <b>Backstroke Drills</b></p> <ul style="list-style-type: none"> <li>• 100 m 6 kick drill – practise rotation</li> <li>• 100 m 1 arm backstroke</li> <li>• 100 m cup on head</li> <li>• 100 m acceleration in stroke – arms at 6 and 12 o'clock – lift lower arm up ½ way , pause then continue stroke, accelerate underwater arm thru push phase 1000</li> </ul>	<p>500 Free <b>Kick Set</b> 8 x 25 4 free, 4 back <b>Backstroke Drills</b></p> <ul style="list-style-type: none"> <li>• 100 m 6 kick drill – practise rotation</li> <li>• 100 m 1 arm backstroke</li> <li>• 100 m cup on head</li> </ul> <p>100 m acceleration in stroke – arms at 6 and 12 o'clock – lift lower arm up ½ way , pause then continue stroke, accelerate underwater arm thru push phase 1100</p>
<p><b>Main Set</b> <b>Focus/Tips:</b> Sets are solid pace. Threshold Swimming. Focus on technique</p>	<p><b>MAIN SET:</b> A. <b>Backstroke Pyramid:</b> 15 secs rest 85% - good solid swimming</p> <p>2 x 25 2 x 50 1 x 100 2 x 50 2 x 25 100 easy 500</p> <p>B. <b>Freestyle Pyramid</b> (as above)</p> <p>2 x 50 1 x 100 1 x 200 1 x 100 2 x 50 600</p>	<p><b>MAIN SET:</b> A. <b>Backstroke Pyramid:</b> 15 secs rest 85% - good solid swimming</p> <p>2 x 25 2 x 50 2 x 100 2 x 50 2 x 25 100 easy 600</p> <p>B. <b>Freestyle Pyramid</b> (as above)</p> <p>2 x 50 2 x 100 1 x 200 2 x 100 2 x 50 800</p>	<p><b>MAIN SET:</b> A. <b>Backstroke Pyramid:</b> 85% - good solid swimming</p> <p>2 x 25 on 45 2 x 50 on 1.10 2 x 100 on 2.15 2 x 50 2 x 25 100 easy 600</p> <p>B. <b>Freestyle Pyramid</b> (as above)</p> <p>4 x 50 on 50/55 2 x 100 on 1.35/1.40/1.45 2 x 200 on 3.15/3.20/3.30 2 x 100 4 x 50 1200</p>
<p><b>Cool Down</b></p>	<p>200 choice 2200</p>	<p>200 choice 2600</p>	<p>200 choice 3100</p>