

**FOCUS: Breaststroke +Freestyle desc set  
MSNSW**

**1 hour**

Level	One	Two	Three
<p><b>Warm up</b> (with fins)</p>	<p>300 Freestyle every 4<sup>th</sup> lap choice  <b>Breaststroke Set</b></p> <ul style="list-style-type: none"> <li>2 x 50 Breaststroke Kick as 1<sup>st</sup> 25: kick /no board, 2<sup>nd</sup>:2 kicks, 1arm pull</li> <li>100 Breaststroke with dolphin kick fins– focus fast arms- accelerate 500</li> </ul>	<p>400 Freestyle every 4<sup>th</sup> lap choice  <b>Breaststroke Set</b></p> <ul style="list-style-type: none"> <li>2 x 50 Breaststroke Kick as 1<sup>st</sup> 25: kick /no board, 2<sup>nd</sup>:2 kicks, 1arm pull</li> <li>100 Breaststroke with dolphin kick fins– focus fast arms- accelerate 600</li> </ul>	<p>500 Freestyle every 4<sup>th</sup> lap choice  <b>Breaststroke Set</b></p> <ul style="list-style-type: none"> <li>100 Breaststroke Kick as 1<sup>st</sup> 25: kick /no board, 2<sup>nd</sup>:2 kicks, 1arm pull, 3<sup>rd</sup>: 3 kicks, 1arm pull,4<sup>th</sup>: 4 kicks, 1 arm pull (challenge!!!)</li> <li>100 Breaststroke with dolphin kick fins– focus fast arms- accelerate 700</li> </ul>
<p><b>Main Set</b> <b>Focus/Tips:</b>  Descending Set try to take 3 secs off each 100</p>	<p><b>MAIN SET:</b>  <b>Breaststroke</b></p> <ul style="list-style-type: none"> <li>2 x 50 Breast stroke – dynamic stroking 30 sec rest</li> <li>100 easy choice 200</li> </ul> <p><b>Freestyle Set:</b> Descending 100s – “take 3”</p> <ul style="list-style-type: none"> <li>2 X</li> <li>3 X 100 AS Easy, Mod , Hard on 30 sec rest 100 easy 700</li> </ul> <p><b>BR/S to FR/S changes:</b></p> <p>4 x 50 as 25 BR/S to FR/S – practise turns 200</p> <p><b>4 x 50 choice</b> 200</p>	<p><b>MAIN SET:</b>  <b>Breaststroke</b></p> <ul style="list-style-type: none"> <li>4 x 50 Breast stroke – dynamic stroking 30 sec rest</li> <li>100 easy choice 300</li> </ul> <p><b>Freestyle Set:</b> Descending 100s – “take 3”</p> <ul style="list-style-type: none"> <li>2 X</li> <li>3 X 100 AS Easy, Mod , Hard on 2.00/2.15 100 easy 700</li> </ul> <p><b>BR/S to FR/S changes:</b></p> <p>4 x 50as 25 BR/S to FR/S – practise turns 200</p> <p><b>4 x 50 choice</b> 200</p>	<p><b>MAIN SET:</b>  <b>Breaststroke</b></p> <ul style="list-style-type: none"> <li>4 x 50 Breast stroke – dynamic stroking 30 sec rest</li> <li>100 easy choice 300</li> </ul> <p><b>Freestyle Set:</b> Descending 100s – “take 3”</p> <ul style="list-style-type: none"> <li>3 X</li> <li>3 X 100 AS Easy, Mod , Hard on 1.35/1.40/1.45 100 easy 1100</li> </ul> <p><b>BR/S to FR/S changes:</b></p> <p>4 x 50 as 25 BR/S to FR/S – practise turns 200</p> <p><b>4 x 50 choice</b> 200</p>
<p><b>Cool Down</b></p>	<p>Choice 200 2000</p>	<p>Choice 200 2200</p>	<p>Choice 200 <b>2600</b></p>