

FOCUS: Breaststroke + Sprint s with active recovery

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice Breaststroke Drills: 100 of each: <ul style="list-style-type: none"> • Kick – narrow kick focus • Tennis ball (tennis ball under chin) focus – tucked head • 2 kick/pull- focus – timing • Swim -focus – attack pull WHOLE SQUAD 4 x 25 walk back sprints 100 easy 900</p>	<p>400 choice Breaststroke Drills: 100 of each: <ul style="list-style-type: none"> • Kick – narrow kick focus • Tennis ball (tennis ball under chin) focus – tucked head • 2 kick/pull- focus – timing • Swim -focus – attack pull WHOLE SQUAD 4 x 25 walk back sprints 100 easy 1000</p>	<p>500 choice Breaststroke Drills: 100 of each: <ul style="list-style-type: none"> • Kick – narrow kick focus • Tennis ball (tennis ball under chin) focus – tucked head • 2 kick/pull- focus – timing • 1fly kick/1 normal focus rhythm and timing • Swim -focus – attack pull WHOLE SQUAD 4 x 25 walk back sprints 100 easy 1200</p>
<p>Main Set Focus/Tips:</p>	<p>MAIN SET: Breaststroke: 4 x 50 Br/s – 30 sec I 100 easy 300 Freestyle: Focus - active recovery 2 sets of: 100 freestyle hard, touch wall and look at time, then swim 100 recovery (can be Backstroke) –30 sec Rest 400 Form: 2 sets of: 50 hard, 50 recovery (as above) 30 sec Rest 200 Kick: 100 fly kick fins 100 8 x 25s form choice 15 sec R 200</p>	<p>MAIN SET: Breaststroke: 4 x 50 Br/s – 30 sec I 100 easy 300 Freestyle: Focus - active recovery 3 sets of: 100 freestyle hard, touch wall and look at time, then swim 100 recovery (can be Backstroke) –on 4.15 /4.30 600 Form: 4 sets of: 50 hard, 50 recovery (as above) 30 sec R 400 Kick: 100 fly kick fins 100 8 x 25s form choice 15 sec R 200</p>	<p>MAIN SET: Breaststroke: 4 x 50 Br/s – 30 sec I 100 easy 300 Freestyle: Focus - active recovery 4 sets of: 100 freestyle hard, touch wall and look at time, then swim 100 recovery (can be Backstroke) –on 3.45/4.00 800 Form: 4 sets of: 50 hard, 50 recovery (as above) On 2.30 400 Kick: 200 fly kick fins 200 8 x 25s form choice 15 sec R 200</p>
<p>Cool Down</p>	<p>200 choice 2300</p>	<p>200 choice 2800</p>	<p>200 choice 3300</p>