

FOCUS:	Breaststroke	1 hour		MSNSW
Level	One	Two	Three	
Warm up Focus: narrow kick Fast arms Complete stroke <i>For those unable to do BR/S kick substitute Fly kick</i>	300 choice Breaststroke Drills: 100 of each <ul style="list-style-type: none"> • BR/S kick on back • BR/S kick with board • 2 kicks/1 pull • Swim focus on glide component 700	400 choice Breaststroke Drills: 100 of each <ul style="list-style-type: none"> • BR/S kick on back • BR/S kick with board • 2 kicks/1 pull • Swim focus on glide component 800	400 choice Breaststroke Drills: 100 of each <ul style="list-style-type: none"> • BR/S kick on back • BR/S kick with board • 2 kicks/1 pull • Swim focus on glide component 800	
Main Set Focus/Tips: Fast arms Narrow punchy kick Head still and low Focus moving forward Complete stroke FR/S Set aim Is to get some distance work For aerobic fitness Maintain pace	Breaststroke Set: 4 x 25 BR/S as 6 fast strokes/6 slow 15 sec R 2 x 50 quality BR/S – work turns 1 min I 100 easy 300 Freestyle Set – Threshold Pace 1 x 100 30 sec R 1 x 100 paddles /pull 30 sec R 1 x 200 30 sec R 1 x 100 paddles /pull 30 sec R 1 x 100 30 sec R 1 x 100 paddles /pull 800	Breaststroke Set: 4 x 25 BR/S as 6 fast strokes/6 slow 15 sec R 2 x 50 quality BR/S – work turns on 1.30 100 easy 300 Freestyle Set – Threshold Pace 1 x 100 on 2.00 1 x 100 paddles /pull on 2.15 1 x 200 on 4.00 1 x 100 paddles /pull on 2.15 1 x 100 paddles /pull ON 2.15 1 x 200 on 4.00 1 x 100 paddles /pull ON 2.15 1 x 100 ON 2.00 1 x 100 paddles /pull 1100	Breaststroke Set: 4 x 25 BR/S as 6 fast strokes/6 slow 15 sec R 2 x 50 quality BR/S – work turns on 1.15 1 x 100 BR/S as above on 2.00/2.15 100 easy 400 Freestyle Set – Threshold Pace 1 x 100 on 1.35/ 1.45 1 x 100 paddles /pull on 2.00 or 15 sec I 1 x 200 on 3.10/ 3.30 1 x 100 paddles /pull on 2.00 or 15 sec I 1 x 400 on 6.30/ 7.00 (1 min R) 1 x 100 paddles /pull ON 2.00 or 15 sec I 1 x 200 on 3.10/3.30 1 x 100 paddles /pull ON 2.00 or 15 sec I 1 x 100 ON 1.35/1.45 1 x 100 paddles /pull 1500	
Cool Down	200 choice 2000	200 choice 2400	200 choice 2900	