

**FOCUS: Breaststroke and endurance pyramid 1 hour**

| Level                         | One  | Two  | Three  |
|-------------------------------|--|--|--|
| <b>Warm up</b><br>(with fins) | 400 choice<br>200 paddles/pull focus on hand entry 600 | 400 choice<br>200 paddles/pull focus on hand entry 600 | 500 choice<br>200 paddles/pull focus on hand entry 700 |
| <b>Main Set</b>               | <b>Breaststroke Set</b>                                | <b>Breaststroke Set</b>                                | <b>Breaststroke Set</b>                                |
| <b>Focus/Tips:</b>            | 50 kick with pull buoy between legs                    | 50 kick with pull buoy between legs                    | 50 kick with pull buoy between legs                    |
| <b>BR</b>                     | 50 kick normal   | 50 kick normal   | 50 kick normal   |
| Narrow whip kick              | 100 2 kick /1 pull                                     | 50 2 kick /1 pull 50 3 kicks/ 1 pull                   | 50 2 kick /1 pull 50 3 kicks/ 1 pull                   |
| Explosive arms                | 100 1 BR /1 Fly kick – work fast arm recovery          | 100 1 BR /1 Fly kick – work fast arm recovery          | 100 1 BR /1 Fly kick – work fast arm recovery          |
| Drive forward                 | 4 x 50 QUALITY BR 15 sec I 500                         | 4 x 50 QUALITY BR 15 sec I 500                         | 4 x 50 QUALITY BR 15 sec I 500                         |
| Complete stroke               | <b>FR PYRAMID – fitness</b>                            | <b>FR PYRAMID – fitness</b>                            | <b>FR PYRAMID – fitness</b>                            |
| <b>PYRAMID</b>                | 2 x 50 15 sec I  | 1 x 50 on 60   | 2 x 50 on 50 or 55                                     |
| Short rest I                  | 1 x 100 30 sec I                                       | 1 x 100 on 2.00  | 1 x 100 on 1.35 or 1.40 or 1.45                        |
| Maintain same speed           | 1 x 200 1 min I  | 1 x 200 on 4.00  | 1 x 200 on 3.15 or 3.20 or 3.30                        |
| Through set                   | 1 x 100<br>2 x 50 600                                  | 1 x 100<br>1 x 50<br>REPEAT 1000                       | 1 x 100<br>2 x 50<br>REPEAT 1400                       |
| <b>Cool Down</b>              | 300 choice 2000  | 200 choice 2300  | 200 choice 2800  |