

**FOCUS: Broken 100's**

**1 hour**

**MSNSW**

Level	One	Two	Three
<p><b>Warm up</b> (with fins)</p>	<p>300 choice 100 pull/paddles 8 x 25 mix sprint kick (no fins) 100 easy <span style="float: right;">700</span></p>	<p>400 choice 100 pull/paddles 8 x 25 mix sprint kick (no fins) 100 easy <span style="float: right;">800</span></p>	<p>400 choice 200 pull/paddles 8 x 25 mix sprint kick (no fins) 100 easy <span style="float: right;">900</span></p>
<p><b>Main Set</b> <b>Focus/Tips:</b>  <b>Broken 100's:</b> Important to take exact 10 Or 5 secs to get accurate total end time. Should be close to PB time  Total distance in session Isn't as much due to increased rest.</p>	<p><b>MAIN SET:</b> <b>Broken 100's</b> <b>Freestyle:</b></p> <ul style="list-style-type: none"> <li>2 x 100 as 4 x 25 10 sec R between each 25</li> </ul> <p>Deduct 30 sec off end time to get 100 time. 1 minute Rest between each 100</p> <ul style="list-style-type: none"> <li>1 x 100 Sprint</li> <li>100 easy <span style="float: right;">400</span></li> </ul> <p><b>Form:</b></p> <ul style="list-style-type: none"> <li>1 x 100 as 4 x 25 10 sec R between each 25</li> </ul> <p>Deduct 30 sec off end time to get 100 time. 1 minute Interval between each 100</p> <ul style="list-style-type: none"> <li>1 x 100 Sprint.</li> <li>100 easy <span style="float: right;">400</span></li> </ul> <p><b>IM drill and easy kick</b> (fins option) IM order -25 kick /25 drill <span style="float: right;">200</span></p>	<p><b>MAIN SET:</b> <b>Broken 100's</b> <b>Freestyle:</b></p> <ul style="list-style-type: none"> <li>2 x 100 as 4 x 25 10 sec R between each 25</li> </ul> <p>Deduct 30 sec off end time to get 100 time.</p> <ul style="list-style-type: none"> <li>2 x 100 as 4 x 25 5 sec R between each 25</li> </ul> <p>Deduct 15 sec off end time to get 100 time. 1 minute Rest between each 100</p> <ul style="list-style-type: none"> <li>1 x 100 Sprint</li> <li>100 easy <span style="float: right;">600</span></li> </ul> <p><b>Form:</b></p> <ul style="list-style-type: none"> <li>1 x 100 as 4 x 25 10 sec R between each 25</li> <li>1 x 100 as 4 x 25 5 sec R between each 25</li> </ul> <p>Deduct 30 sec off end time to get 100 time. 1 minute Interval between each 100</p> <ul style="list-style-type: none"> <li>1 x 100 Sprint.</li> <li>100 easy <span style="float: right;">600</span></li> </ul> <p><b>IM drill and easy kick</b> (fins option) IM order -25 kick /25 drill <span style="float: right;">200</span></p>	<p><b>MAIN SET:</b> <b>Broken 100's</b> <b>Freestyle:</b></p> <ul style="list-style-type: none"> <li>2 x 100 as 4 x 25 10 sec R between each 25</li> </ul> <p>Deduct 30 sec off end time to get 100 time.</p> <ul style="list-style-type: none"> <li>2 x 100 as 4 x 25 5 sec R between each 25</li> </ul> <p>Deduct 15 sec off end time to get 100 time. Each 100 on 3 min.</p> <ul style="list-style-type: none"> <li>2 x 100 Sprint on 2.30.</li> <li>100 easy <span style="float: right;">700</span></li> </ul> <p><b>Form:</b></p> <ul style="list-style-type: none"> <li>1 x 100 as 4 x 25 10 sec R between each 25</li> <li>1 x 100 as 4 x 25 5 sec R between each 25</li> </ul> <p>Deduct 30 sec off end time to get 100 time. 1 minute Interval between each 100</p> <ul style="list-style-type: none"> <li>1 x 100 Sprint</li> <li>100 easy <span style="float: right;">700</span></li> </ul> <p><b>IM drill and easy kick</b> (fins option) IM order -25 kick /25 drill <span style="float: right;">200</span></p>
<p><b>Cool Down</b></p>	<p>200 choice <span style="float: right;">1800</span></p>	<p>200 choice <span style="float: right;">2200</span></p>	<p>200 choice <span style="float: right;">2500</span></p>