

FOCUS: Fitness Fast Fabulous Freestyle – maintain pace 1.5 hour

| Level | One | Two | Three |
|---|---|---|---|
| Warm up (with fins) | 400 choice Drills: 100 of each: <ul style="list-style-type: none"> • 6 -3-6 • Almost catch up • Closed fist • Paddles Whole squad: heart starters <ul style="list-style-type: none"> • 4 x 25 kick • 4 x 25 walk back dive starts 100 easy 1100 | 400 choice Drills: 100 of each: <ul style="list-style-type: none"> • 6 -3-6 • Almost catch up • Closed fist • Paddles Whole squad: heart starters <ul style="list-style-type: none"> • 4 x 25 kick • 4 x 25 walk back dive starts 100 easy 1100 | 500 choice Drills: 100 of each: <ul style="list-style-type: none"> • 6 -3-6 • Almost catch up • Closed fist • Paddles Whole squad: heart starters <ul style="list-style-type: none"> • 4 x 25 kick • 4 x 25 walk back dive starts 100 easy 1200 |
| Main Set Focus/Tips: 200 Build as: Set stroke, Accelerate thru pull Increase stroke rate Kick it home | Freestyle Set: good pace /maintain 1 x 200 30 sec I 100 easy 4 x 100 30 sec I 100 easy 4 x 50 30 sec I 100 easy 1100 Form: 4 x 50 choice 30 sec I 200 | Freestyle Set: good pace /maintain 3 x 200 4.00 100 easy 4 x 100 2.00 100 easy 4 x 50 60 100 easy 1500 Form: 4 x 50 choice 1.15 200 | Freestyle Set: good pace /maintain 4 x 200 3.15 or 3.20 or 3.30 100 easy 4 x 100 1.35 or 1.40 or 1.45 100 easy 4 x 50 50 or 55 100 easy 1700 Form: 8 x 50 choice 60 400 |
| Cool Down | Cool down 200 2600 | Cool down 200 3000 | Cool down 200 3500 |