

**FOCUS: Fitness Fabulous 200s!**

**1.5 hour**

**MSNSW**

Level	One	Two	Three
<b>Warm up</b>  (with fins)	400 choice  Freestyle catch drills 100 of each; <ul style="list-style-type: none"> <li>• Catch entry drill set up first part of catch , return hand entry point, then complete full stroke, repeat on other arm.</li> <li>• Double dip entry</li> <li>• 6-3-6</li> <li>• 200 pull paddle</li> </ul> 900	400 choice  Freestyle catch drills 100 of each; <ul style="list-style-type: none"> <li>• Catch entry drill set up first part of catch , return hand entry point, then complete full stroke, repeat on other arm.</li> <li>• Double dip entry</li> <li>• 6-3-6</li> <li>• 200 pull paddle</li> </ul> 900	500 choice  Freestyle catch drills 100 of each; <ul style="list-style-type: none"> <li>• Catch entry drill set up first part of catch , return hand entry point, then complete full stroke, repeat on other arm.</li> <li>• Double dip entry</li> <li>• 6-3-6</li> <li>• 200 pull paddle</li> </ul> 1000
<b>Main Set</b>  <b>Focus/Tips:</b>  E = easy M = moderate H= Hard	<b>I love 200s! threshold pace</b>  2 x 100 Free on 30 sec I 1 x 200 Free on 30 sec I 2 x100 form as above 1 x 200 free as above 2 x 100 IM as above  100 easy 1.1  <b>6 x 50 choice</b> - varying pace over 50 into 1/3s 1 & 2: E H M 3 & 4 : H M E 5 & 6 : M E H 300	<b>I love 200s! threshold pace</b>  2 x 100 Free on 2.00/2.10 1 x 200 Free on 4.00/4.15 2 x100 form on 2.15 1 x 200 free as above 2 x 100 IM on 2.15 1 x 200 Free as above 2 x 100 Form as above 1 x 200 Free as above 2 x 100 Free as above  100 easy 1.9  <b>6 x 50 choice</b> - varying pace over 50 into 1/3s 1 & 2: E H M 3 & 4 : H M E 5 & 6 : M E H 300	<b>I love 200s! threshold pace</b>  2 x 100 Free on 1.35/1.40/1.45 1 x 200 Free on 3.10/3.20/3.30 2 x100 form on 1.45/2.00/2.00 1 x 200 free as above 2 x 100 IM on 1.50/2.00/2.10 1 x 200 free as above 2 x 100 IM as above 1 x 200 Free as above 2 x 100 Form as above 1 x 200 Free as above 2 x 100 Free as above 1 x 200 Free as above  100 easy 2.5  <b>6 x 50 choice</b> - varying pace over 50 into 1/3s 1 & 2: E H M 3 & 4 : H M E 5 & 6 : M E H 300
<b>Cool Down</b>	Coo down 200 2500	Cool down 200 3300	Cool down 200 4000