

FOCUS: Fly

1 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice</p> <p>Fly set: fins 4 x 25 Fly kick with board fins option 100 222 fins 4 x 25 fly – 6 strokes –Freestyle to end 4 x 25 quality fly 15 sec R 100 easy 800</p>	<p>400 choice</p> <p>Fly set: 4 x 25 Fly kick with board fins option 100 222 fins 4 x 25 fly – 6 strokes –Freestyle to end 4 x 25 quality fly 15 sec R 100 easy 900</p>	<p>500 choice</p> <p>Fly set: 4 x 25 Fly kick with board no fins 100 222 fins 4 x 25 fly – 6 strokes –Freestyle to end 4 x 25 quality fly 15 sec R 100 easy 1000</p>
<p>Main Set</p> <p>Focus/Tips:</p> <p>How to Sprint: Experiment with increase Stroke rate, less breathes, Kick</p> <p>Pyramid: there is more rest Than a threshold pyramid to Allow for increased effort – Quality swim</p>	<p>MAIN SET: Sprint work: 8 x 25 F/S on 30 100 pull/paddles 8 x 25 choice on 40 100 pull paddles 600</p> <p>Mini Pyramid –good pace 85% choice stroke (increase rest interval as appropriate for form) 50 15 sec R 100 30 sec R 200 1 min R 100 30 sec R 50 500</p>	<p>MAIN SET: Sprint work: 10 x 25 F/S on 30 100 pull/paddles 10 x 25 choice on 40 100 pull paddles 700</p> <p>Mini Pyramid –good pace 85% choice stroke (increase rest interval as appropriate for form) 50 15 sec R 100 30 sec R 200 1 min R 100 30 sec R 50 500</p>	<p>MAIN SET: Sprint work: 12 x 25 F/S on 30 200 pull/paddles 12 x 25 choice on 40 200 pull paddles 1000</p> <p>Mini Pyramid –good pace 85% choice stroke (increase rest interval as appropriate for form) 50 on 60 100 on 2.00 200 on 4.00 100 on 2.00 50 on 60 500</p>
<p>Cool Down</p>	<p>200 choice 2100</p>	<p>200 choice 2300</p>	<p>200 choice 2700</p>