

FOCUS: SPRINT FOCUS –Freestyle Build Sets + Fly 1.5 hour

MSNSW

| Level | One | Two | Three |
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| <p>Warm up (with fins)</p> | <p>300 choice incl drills Heart starters (whole squad) 4 x 25 Hard, 25 easy to end Fins opt 500</p> | <p>400 choice incl drills Heart starters (whole squad) 4 x 25 Hard, 25 easy to end Fins opt 600</p> | <p>500 choice incl drills Heart starters (whole squad) 4 x 25 Hard, 25 easy to end Fins opt 800</p> |
| <p>Main Set Focus/Tips: Build within 100/200. 1st 25 or 50 : set stroke 2nd : increase pull power 3rd : increase stroke rate 4th : kick it home Recovery time is increased to allow for increased effort</p> | <p>BUILD 85-90% effort 1 x 200 F/S 1 minute R 1 x 200 choice 2 x 100 F/S 30 sec R 2 x 100 choice 30 sec R 100 easy 900 FLY WORK 75% effort Fins 100 kick 100 drill 222 2 x50 fly 100 easy 50s – 75% effort 15 sec R 3 x 50 F/S 3 x 50 Choice 400 300 1600</p> | <p>BUILD 85-90% effort 2 x 200 on 4.00 F/S 1 x 200 choice 1 min R 3 x 100 F/S on 2.15 2 x 100 choice on 2.30 100 easy 1200 FLY WORK 75% effort Fins Opt 100 kick 100 drill 222 2 x50 fly 100 easy 50s – 75% effort 15 sec R 4 x 50 F/S 4 x 50 Choice 400 400 2000</p> | <p>BUILD 85-90% effort 2 x 200 on 3.30 F/S 1 x 200 choice 1 min R 4 x 100 F/S on 2.00 2 x 100 choice on 2.15 100 easy 1300 FLY WORK 75% effort No Fins 100 kick 100 drill 222 2 x50 fly 1 x 100 fly 100 easy 50s – 75% effort 15 sec R 4 x 50 F/S 4 x 50 Choice 500 400 2200</p> |
| <p>Cool Down</p> | <p>Cool down 200 2300</p> | <p>Cool down 200 2800</p> | <p>Cool down 200 3200</p> |