

**FOCUS: Fly Work , Freestyle Broken 200s**

**1.5 hour**

**MSNSW**

Level	One	Two	Three
<p><b>Warm up</b> (with fins)</p>	<p>300 choice</p> <p><b>Fly Drills set:</b></p> <ul style="list-style-type: none"> <li>8 x 25 kick with board fins fly/free</li> <li>100 222 drill fins</li> <li>Warm up fly – fins –as 8x 25 swim Fly as far as capable then Freestyle to end. Repeat. 800</li> </ul>	<p>400 choice</p> <p><b>Fly Drills set:</b></p> <ul style="list-style-type: none"> <li>8 x 25 kick with board no fins fly/free</li> <li>100 222 drill fins</li> <li>Warm up fly – fins – 200 as 25 Fly, 25 Free easy – relaxed recovery 900</li> </ul>	<p>500 choice</p> <p><b>Fly Drills set:</b></p> <ul style="list-style-type: none"> <li>8 x 25 kick with board no fins fly/free</li> <li>100 222 drill fins</li> <li>Warm up fly – fins – 200 as 25 Fly, 25 Free easy – relaxed recovery 1000</li> </ul>
<p><b>Main Set</b></p> <p><b>Focus/Tips:</b></p> <p>Use fins if needed in fly</p> <p>Swimmers who can't do fly substitute another stroke</p> <p>Broken 200s – hard 50s Should give a time similar to PB for 200</p>	<p><b>MAIN SET:</b></p> <p><b>Fly :</b> 4 x 25 quality Sprint fly 30 sec I fins option 200</p> <p>100 easy 200</p> <p><b>Broken 200s</b> 90% intensity</p> <p>2 x 200 broken into 50s 10 sec R –deduct 30 sec to work out time.</p> <p>1 minute I</p> <p>100 easy 500</p> <p><b>4 x 100 IM</b> 80-85% work Fly leg</p> <p>30 sec I 400</p>	<p><b>MAIN SET:</b></p> <p><b>Fly :</b> 4 x 25 quality Sprint fly 30 sec I 2 x 50 quality Fly on 2.00</p> <p>100 easy 300</p> <p><b>Broken 200s</b> 90% intensity</p> <p>3 x 200 broken into 50s 10 sec R –deduct 30 sec to work out time.</p> <p>1 minute I</p> <p>100 easy 700</p> <p><b>1 x 200 IM</b> 80-85% work Fly leg</p> <p><b>4 x 100 IM</b> 80-85% work Fly leg</p> <p>On 2.30 or 30 sec I 600</p>	<p><b>MAIN SET:</b></p> <p><b>Fly :</b> 4 x 25 quality Sprint fly on 1 minute 2 x 50 quality Fly on 1.30</p> <p>100 easy 300</p> <p><b>Broken 200s</b> 90% intensity</p> <p>4 x 200 broken into 50s 10 sec R –deduct 30 sec to work out time.</p> <p>On 5 min</p> <p>100 easy 900</p> <p><b>2 x 200 IM</b> 80-85% work Fly leg</p> <p>On 3.30 or 3.45or 4.00</p> <p><b>4 x 100 IM</b> 80-85% work Fly leg</p> <p>On 1.50 or 2.00 or 2.15 800</p>
<p><b>Cool Down</b></p>	<p>200 choice 2100</p>	<p>200 choice 2700</p>	<p>200 choice 3200</p>