

| FOCUS: Fly and fitness | | I hour | | MSNSW | |
|---------------------------------------|--|---|--|-------|--|
| Level | One | Two | Three | | |
| Warm up (with fins) | 200 choice 400 Freestyle– every 4 th lap reverse IM order 600 | 800 Freestyle– every 4 th lap reverse IM order 800 | 2 x 400 Freestyle– every 4 th lap reverse IM order (2 nd 400 – no fins) 800 | | |
| Main Set Focus/Tips: | Fly Set: fins 4 x 50 fly kick on 20 sec I 200 222 drill 4 x 25 fly 200 easy backstroke 700 Freestyle Pyramid: threshold 1 x 50 15 sec I 1 x 100 30 sec I 1x 200 1 min I 1x 100 1 x 50 500 | Fly Set: fins 4 x 50 fly kick on 10 sec I 200 fins 223 drill as build – ie 22 2 (strokes) 223 224228 – keep pattern going though turns 4 x 50 Fly on 1.30 200 easy backstroke 800 Freestyle Pyramid: threshold 1 x 50 on 60 (if form @ 15 sec) 1 x 100 on 2 1x 200 On 4 1x 100 1 x 50 500 | Fly Set 4 x 50 fly kick on 1.30 No fins 200 fins 223 drill as build – ie 22 2 (strokes) 223 224228 – keep pattern going though turns 4 x 25 fast arm fly 1 1 1 fins 4 x 50 Fly No fins on 1.30 200 easy backstroke 900 Freestyle or Choice Pyramid: threshold 2 x 50 50/55 (if form @10 sec) 1 x 100 1.35/1.40/1.45 (if form @10 sec) 1x 200 3.10/3.20/3.30 (if form @10 sec) 1x 100 2 x 50 200 pull /paddles 800 | | |
| Cool Down | Cool down 200 2000 | Cool down 200 2400 | Cool down 200 2700 | | |