

FOCUS: FLY

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice 200 drill/pull/paddle All squad 4 x 25 sprints 600</p>	<p>300 choice 200 drill/pull/paddle All squad 4 x 25 sprints 600</p>	<p>400 choice 200 drill/pull/paddle All squad 4 x 25 sprints 700</p>
<p>Main Set Focus/Tips: Fins option always For swimmers unable to do Fly replace with other stroke Descending Set Increase effort for each 100</p>	<p>MAIN SET: Fly – fins • 100 fly kick use snorkel or kick on back as option • 100 222 drill • 2 x 100 as 25 fly/25 swim 1 min R 100 easy 600 Freestyle Set - Descending set 3 x 100 E M H 30 sec R 100 easy 400 IM SET mod pace 3 x 100 IM 30 sec R 300</p>	<p>MAIN SET: Fly – fins option • 100 fly kick use snorkel or kick on back as option • 100 222 drill • 2 x 100 as 25 fly/25 swim 30 sec R • 1 x 100 Fly 100 easy 700 Freestyle Set - Descending set 2 x (3 x 100) E M H on 2 min or 15 sec R 100 easy 700 IM SET mod pace 4 x 100 IM on 2.15 400</p>	<p>MAIN SET: Fly – • 100 fly kick use snorkel or kick on back as option • 100 222 drill • 4 x 25 fast fly arms – 111 • 2 x 100 as 25 fly/25 swim on 2.00 • 2 x 100 Fly on 2.15 100 easy 800 Freestyle Set - Descending set 3 x (3 x 100) Easy Mod Hard on 1.35/1.40 or 1.45 100 easy 1000 IM SET mod pace 8 x 100 IM on 2.00 or 2.15 600</p>
<p>Cool Down</p>	<p>200 choice 2100</p>	<p>200 choice 2600</p>	<p>200 choice 3400</p>