

FOCUS: Freestyle Body Position / Developing aerobic fitness

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p> <p>Experiment with body position to achieve best streamline through water</p>	<p>300 choice 8 x 25 sprint kick (<i>get heart rate up</i>) 100 easy</p> <p>Freestyle drills ## focus relaxed recovery</p> <ul style="list-style-type: none"> 4 x 25 <i>body position focus</i>: jelly float , slowly raise arms and legs to streamline position , kick and swim to end (no fins) 200 almost catch up 200 paddles/pull buoy – focus – low head (1 goggle in/1 goggle out) 1100 	<p>400 choice 8 x 25 sprint kick (<i>get heart rate up</i>) 100 easy</p> <p>Freestyle drills ## focus relaxed recovery</p> <ul style="list-style-type: none"> 4 x 25 <i>body position focus</i>: jelly float , slowly raise arms and legs to streamline position , kick and swim to end (no fins) 200 almost catch up 200 paddles/pull buoy – focus – low head (1 goggle in/1 goggle out) 1200 	<p>500 choice 8 x 25 sprint kick (<i>get heart rate up</i>) 100 easy</p> <p>Freestyle drills ## focus relaxed recovery</p> <ul style="list-style-type: none"> 4 x 25 <i>body position focus</i>: jelly float , slowly raise arms and legs to streamline position , kick and swim to end (no fins) 200 almost catch up 200 paddles/pull buoy – focus – low head (1 goggle in/1 goggle out) 1300
<p>Main Set</p> <p>Focus/Tips:</p> <p>Threshold pace <i>The pace you can maintain over distance – strong swimming</i></p>	<p>Aerobic Fitness</p> <ul style="list-style-type: none"> Freestyle Pyramid – Threshold pace 50 (15 sec r) 100 (30 sec r) 200 (1 min R) 100 50 Easy 100 600 Form Threshold 2 x 100 choice(30 sec R) 4 x 50 choice (15 sec R) 400 Fly Kick 200 <p><i>Focus on pressing chest/drive hips can use snorkel side, back, side – repeat</i></p>	<p>Aerobic Fitness</p> <ul style="list-style-type: none"> Freestyle Pyramid – Threshold pace 50 (1 min or 15 sec r) 100 (1.50 or 30 sec r) 200 (4.00 min or 40sec r) 100 50 Easy 50 50 (1 min or 15 sec) 75 (1.50 or 20 sec r) 100 (4.00 or 30 sec r) 75 50 Easy 50 900 Form Threshold 2 x 100 choice(30 sec R) 4 x 50 choice (15 sec R) 400 Fly Kick 200 <p><i>Focus on pressing chest/drive hips can use snorkel 25 front, side, back, side – repeat</i></p>	<p>Aerobic Fitness</p> <ul style="list-style-type: none"> Freestyle Pyramid – Threshold pace 50 (50 or 55) 100 (1.35 or 1.40 or 1.45) 200 (3.10 or 3.20 or 3.30) 100 50 Easy 100 REPEAT PYRAMID 1200 Form Threshold 3 x 100 choice(30 sec R) 6 x 50 choice (15 sec R) 600 Fly Kick 200 <p><i>Focus on pressing chest/drive hips can use snorkel 25 front, side, back, side – repeat</i></p>
<p>Cool Down</p>	<p>200 choice 2500</p>	<p>200 choice 2900</p>	<p>200 choice 3700</p>