

**FOCUS: Freestyle Pull and Open Water Fun**

**1 hour**

**MSNSW**

| Level   | One  | Two  | Three   |
|---|--|--|---|
| <p><b>Warm up</b><br/>(with fins)<br/><br/>Focus on high elbow through pull</p>   | <p>300 choice</p> <p><b>Freestyle Drills</b> – focus catch and pull</p> <ul style="list-style-type: none"> <li>• 100 Almost catch up</li> <li>• 100 6-3-6</li> <li>• 200 Unco 25 unco, 25 swim repeat</li> </ul> <p><b>Heart Starters:</b> 4 x 25 sprint fins LIFO</p> <p style="text-align: right;">800</p>   | <p>400 choice</p> <p><b>Freestyle Drills</b> – focus catch and pull</p> <ul style="list-style-type: none"> <li>• 100 Almost catch up</li> <li>• 100 6-3-6</li> <li>• 200 Unco 25 unco, 25 swim repeat</li> </ul> <p><b>Heart Starters:</b> 4 x 25 sprint fins LIFO</p> <p style="text-align: right;">900</p>   | <p>500 choice</p> <p><b>Freestyle Drills</b> – focus catch and pull</p> <ul style="list-style-type: none"> <li>• 100 Almost catch up</li> <li>• 100 6-3-6</li> <li>• 200 Unco 25 unco, 25 swim repeat</li> </ul> <p><b>Heart Starters:</b> 4 x 25 sprint fins LIFO</p> <p style="text-align: right;">1000</p>   |
| <p><b>Main Set</b><br/><br/><b>Focus/Tips:</b><br/><br/>Increase effort though 200<br/><br/>Open Water – stay close<br/>Good practice for swimming in close proximity</p> | <p><b>MAIN SET:</b></p> <ul style="list-style-type: none"> <li>• <b>Freestyle Set</b><br/>2 X 200 as Build on 4.00 or 30 sec R set up, accelerate, increase stroke rate, bring it home – negative split<br/>100 easy 500</li> <li>• <b>8 x 50 form</b> – 20 sec interval or LIFO 400</li> <li>• <b>Open Water practice</b><br/>- 4 x 25 dolphin dive in shallow and then swim 25, repeat in reverse 100</li> </ul> | <p><b>MAIN SET:</b></p> <ul style="list-style-type: none"> <li>• <b>Freestyle Set</b><br/>3 X 200 as Build on 4.00 or 30 sec R set up, accelerate, increase stroke rate, bring it home – negative split<br/>100 easy 700</li> <li>• <b>8 x 50 form</b> – 20 sec interval or LIFO 400</li> <li>• <b>Open Water practice</b><br/>- 4 x 25 dolphin dive in shallow and then swim 25, repeat in reverse<br/>- 4 x 25 drafting in lanes. Take turns at leading, other swimmers drop on close on toes and beside. 200</li> </ul> | <p><b>MAIN SET:</b></p> <ul style="list-style-type: none"> <li>• <b>Freestyle Set</b><br/>5 X 200 as Build on 3.10 or 3.20 or 3.30 set up, accelerate, increase stroke rate, bring it home – negative split<br/>100 easy 1100</li> <li>• <b>8 x 50 form</b> – 20 sec interval or LIFO 400</li> <li>• <b>Open Water practice</b><br/>- 4 x 25 dolphin dive in shallow and then swim 25, repeat in reverse<br/>- 4 x 25 drafting in lanes. Take turns at leading, other swimmers drop on close on toes and beside. 200</li> </ul> |
| <p><b>Cool Down</b></p>   | <p>200 choice 20 00</p>  | <p>200 choice 2400</p>   | <p>200 choice 2900</p>  |