

FOCUS: Freestyle Catch Entry, Fly + OW start

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins) OW=open water (treading water)</p>	<p>300 choice Whole squad: 4 x25 OW start, 4 x 25 sprint choice Drills: Focus on hand position in catch 100 of each</p> <ul style="list-style-type: none"> • Sculling - 6 in front, 6 under shoulder, 6 alternate, 6 u/water dog paddle • 6 3 6 • Unco • 100 Paddles ,snorkel etc <p style="text-align: right;">900</p>	<p>400 choice Whole squad: 4 x25 OW start, 4 x 25 sprint choice Drills: Focus on hand position in catch 100 of each</p> <ul style="list-style-type: none"> • Sculling - 6 in front, 6 under shoulder, 6 alternate, 6 u/water dog paddle • 6 3 6 • Unco <p>200 Paddles ,snorkel etc</p> <p style="text-align: right;">1100</p>	<p>500 choice Whole squad: 4 x25 OW start, 4 x 25 sprint choice Drills: Focus on hand position in catch 100 of each</p> <ul style="list-style-type: none"> • Sculling - 6 in front, 6 under shoulder, 6 alternate, 6 u/water dog paddle • 6 3 6 • Unco <p>200 Paddles ,snorkel etc</p> <p style="text-align: right;">1200</p>
<p>Main Set Focus/Tips: Threshold swimming Maintain same pace. Rest period decreases</p>	<p>Freestyle Threshold Set- reducing rest interval 4 x 50 (20 sec R) 2 x 100 (30 sec R) 2 x 100(25 sec R) 4 x 50 (15 sec R) 100 easy</p> <p style="text-align: right;">900</p> <p>Fly Work: fins</p> <ul style="list-style-type: none"> • 100 fly kick • 100 fly drill • 1 x 100 as 25 fly/ 25 free <p style="text-align: right;">300</p> <p>8 x 25s choice 15 sec I</p> <p style="text-align: right;">200</p> <p>Mod pace</p>	<p>Freestyle Threshold Set- reducing rest interval 4 x 50 (1.00) 2 x 100 (2.00) 1 x 200 (4.00) 2 x 100(1.55) 4 x 50 (55) 100 easy</p> <p style="text-align: right;">1100</p> <p>Fly Work: fins opt</p> <ul style="list-style-type: none"> • 100 fly kick • 100 fly drill • 2 x 100 as 25 fly/ 25 free <p style="text-align: right;">400</p> <p>8 x 25s choice 15 sec I</p> <p style="text-align: right;">200</p> <p>Mod pace</p>	<p>Freestyle Threshold Set- reducing rest interval 4 x 50 (55 or 60) 2 x 100 (1.40 or 1.45) 1 x 200 (3.15 or 3.25/4.00), 1 x 200 (3.10 or 3.20/3.55) 2 x 100(1.35 or 1.40/1.55) 4 x 50 (50 or 55) 100 easy</p> <p style="text-align: right;">1300</p> <p>Fly Work:</p> <ul style="list-style-type: none"> • 200 fly kick NO FINS • 100 fly drill • 1x 200 as 25 fly / 25 free or 2 x 100 as fly/ free <p style="text-align: right;">500</p> <p>Lane 3 have fin option</p> <p>12 x 25s choice 15 sec I</p> <p style="text-align: right;">300</p> <p>Mod pace</p>
<p>Cool Down</p>	<p>Cool down 200</p> <p style="text-align: right;">2300</p>	<p>Cool down 200</p> <p style="text-align: right;">3000</p>	<p>Cool down 200</p> <p style="text-align: right;">3500</p>