

FOCUS: Freestyle Catch and Pull

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<ul style="list-style-type: none"> • 300 choice • 200 Kick Set all squad together <p>Catch and Pull Drills</p> <ul style="list-style-type: none"> • 100 Sculling – 6 sculls in front, 6 under chest, 6 flipper (end of stroke- elbows tucked into waist, alternate arms),6 rope pull-underwater recovery, then swim rest of 25 F/S . Repeat for each lap • 100 Almost catch up * focus on accelerating through 2nd ½ of pull phase to get hands back to 12/6 position. • 100 pull buoy * acceleration focus!! 100 swim – focus on body position and breathing 900 	<ul style="list-style-type: none"> • 400 choice • 200 Kick Set all squad together <p>Catch and Pull Drills</p> <ul style="list-style-type: none"> • 100 Sculling – 6 sculls in front, 6 under chest, 6 flipper (end of stroke- elbows tucked into waist, alternate arms),6 rope pull-underwater recovery, then swim rest of 25 F/S . Repeat for each lap • 200 Almost catch up * focus on accelerating through 2nd ½ of pull phase to get hands back to 12/6 position. • 100 pull buoy * acceleration focus!! 100 swim – focus on body position and breathing 1100 	<ul style="list-style-type: none"> • 500 choice • 200 Kick Set all squad together <p>Catch and Pull Drills</p> <ul style="list-style-type: none"> • 100 Sculling – 6 sculls in front, 6 under chest, 6 flipper (end of stroke- elbows tucked into waist, alternate arms),6 rope pull-underwater recovery, then swim rest of 25 F/S . Repeat for each lap • 200 Almost catch up * focus on accelerating through 2nd ½ of pull phase to get hands back to 12/6 position. • 100 pull buoy * acceleration focus!! 100 swim – focus on body position and breathing 1200
<p>Main Set Focus/Tips:</p>	<p>MAIN SET:</p> <ul style="list-style-type: none"> • 4 x 100 F/S build thru each 1. set stroke, 2. accelerate, 3. increase stroke rate, 4. home hard– 30 sec R 100 easy 500 • 200 Fly Kick fins front, side, back , side • 4 x 100 IM # work on stroke acceleration and fitness Choice fins 30 sec R 600 	<p>MAIN SET:</p> <ul style="list-style-type: none"> • 6 x 100 F/S build thru each 1. set stroke, 2. accelerate, 3. increase stroke rate, 4. home hard– on 2.00/2.15 100 easy 700 • 200 Fly Kick fins front, side, back , side • 6 x 100 IM # work on stroke acceleration and fitness Choice fins 30 sec R 800 	<p>MAIN SET:</p> <ul style="list-style-type: none"> • 8 x 100 F/S build thru each 1. set stroke, 2. accelerate, 3. increase stroke rate, 4. home hard– on 1.45 100 easy 900 • 200 Fly Kick fins front, side, back , side • 8 x 100 IM # work on stroke acceleration and fitness Choice fins On 2.10 or 2.15 1000
<p>Cool Down</p>	<p>200 choice 2200</p>	<p>200 choice 2800</p>	<p>200 choice 3300</p>