

**FOCUS: Freestyle Catch and Pull**

**1.5 hour**

**MSNSW**

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