

**FOCUS: Building Fitness /developing pull**

**1.5 hour**

**MSNSW**

Level	One	Two	Three
<p><b>Warm up</b> (with fins)</p>	<p>300 choice</p> <ul style="list-style-type: none"> <li>Kick set – varying pace on whistle – whole squad @ 200</li> <li>200 pull buoy - focus on maintaining high elbow during pull (120 degree angle within frame of arms)</li> <li>200 almost catch up 1000</li> </ul>	<p>400 choice</p> <ul style="list-style-type: none"> <li>Kick set – varying pace on whistle – whole squad @ 200</li> <li>200 pull buoy - focus on maintaining high elbow during pull (120 degree angle within frame of arms)</li> <li>200 almost catch up 1000</li> </ul>	<p>500 choice</p> <ul style="list-style-type: none"> <li>Kick set – varying pace on whistle – whole squad @ 200</li> <li>200 pull buoy - focus on maintaining high elbow during pull (120 degree angle within frame of arms)</li> <li>200 almost catch up 1100</li> </ul>
<p><b>Main Set</b></p> <p><b>Focus/Tips:</b></p> <p><b>Focus on pull:</b></p> <p>Maintain high elbow</p> <p>Keep pull within frame of arms – 120 degree angle</p> <p>Long pull</p> <p>Relaxed recovery</p>	<p><b>Freestyle:</b></p> <p>Threshold swimming – maintain pace</p> <p>2 x 50 15 sec I</p> <p>2 x 100 30 sec I</p> <p>1 x 200 1 min R</p> <p>2 x 100</p> <p>2 x 50 800</p> <p><b>100 easy</b> 100</p> <p><b>Form</b></p> <p>6 x 50 form – 15 sec I</p> <p>Focus on pull – maintain high elbow position 300</p>	<p><b>Freestyle:</b></p> <p>Threshold swimming – maintain pace</p> <p>4 x 50 on 60 or 1.05</p> <p>2 x 100 on 2.00 or 2.10</p> <p>2 x 200 on 4.00 or 1 min R</p> <p>2 x 100</p> <p>4 x 50 1200</p> <p><b>100 easy</b> 100</p> <p><b>Form</b></p> <p>200 IM DRill</p> <p>8 x 50 form – on 1.30</p> <p>Focus on pull – maintain high elbow position 600</p>	<p><b>Freestyle:</b></p> <p>Threshold swimming – maintain pace</p> <p>4 x 50 on 50 or 55</p> <p>2 x 100 on 1.35 or 1.40 or 1.45</p> <p>1 x 200 on 3.10 or 3.15 or 3.30</p> <p>1 x 400 on 6.00 or 6.15 or 6.30</p> <p>1 x 200</p> <p>2 x 100</p> <p>4 x 50 1600</p> <p><b>100 easy</b> 100</p> <p><b>Form</b></p> <p>400 IM Drill</p> <p>8/12 x 50 form – on 1.15</p> <p>Focus on pull – maintain high elbow position 400</p>
<p><b>Cool Down</b></p>	<p>Cool down 200 2400</p>	<p>Cool down 200 3100</p>	<p>Cool down 200 3800/4000</p>