

**FOCUS: Freestyle Technique and Fly**

**1 hour**

**MSNSW**

Level	One	Two	Three
<p><b>Warm up</b> (with fins)</p>	<p>300 freestyle every 4<sup>th</sup> lap form choice  <b>Freestyle Technique:</b>                      Focus Body Position: 4 x 25 Jelly fish float – no fins slowly raise arms and legs until in streamline position. Then kick and swim to end of pool                      Focus Catch Entry: 100 6 3 6 drill                      Work on entry – spearing middle finger/reaching over barrel – wrists lower than hands, lower than elbow                      Focus on timing and accelerating through pull: 100 almost catch up                      200 pull /paddles – focus on stroke 800</p>	<p>400 freestyle every 4<sup>th</sup> lap form choice  <b>Freestyle Technique:</b>                      Focus Body Position: 4 x 25 Jelly fish float – no fins slowly raise arms and legs until in streamline position. Then kick and swim to end of pool                      Focus Catch Entry: 100 6 3 6 drill                      Work on entry – spearing middle finger/reaching over barrel – wrists lower than hands, lower than elbow                      Focus on timing and accelerating through pull: 100 almost catch up                      200 pull /paddles – focus on stroke 900</p>	<p>400 freestyle every 4<sup>th</sup> lap form choice  <b>Freestyle Technique:</b>                      Focus Body Position: 4 x 25 Jelly fish float – no fins slowly raise arms and legs until in streamline position. Then kick and swim to end of pool                      Focus Catch Entry: 100 6 3 6 drill                      Work on entry – spearing middle finger/reaching over barrel – wrists lower than hands, lower than elbow                      Focus on timing and accelerating through pull: 100 almost catch up                      200 pull /paddles – focus on stroke 900</p>
<p><b>Main Set</b> <b>Focus/Tips:</b> Focus on initiating kick from chest.  <i>Think bottom out on down kick, calves out on up beat</i></p>	<p><b>MAIN SET:</b>  <b>Fly Set: fins</b>                      100 kick                      100 222 drill                      4 x 25 Fly 30 sec R - swim as far as capable Fly, then do Freestyle                      100 easy Backstroke 400    <b>Threshold Set: Choice stroke steady pace</b>                      1 x 50 10 sec R                      1 x 100 15 sec R                      1 x 200 30 sec R                      1 x 100                      1 x 50 500</p>	<p><b>MAIN SET:</b>  <b>Fly Set: fins</b>                      100 kick                      100 222 drill                      4 x 25 Fly 30 sec R                      100 easy Backstroke 400    <b>Threshold Set: Choice stroke steady pace</b>                      2 x 50 10 sec R                      1 x 100 15 sec R                      1 x 200 30 sec R                      1 x 100                      2 x 50 600</p>	<p><b>MAIN SET:</b>  <b>Fly Set:</b>                      100 kick                      100 222 drill                      4 x 25 Fly on 45                      2 x 50 on 1.30                      100 easy Backstroke 500    <b>Threshold Set: Choice stroke steady pace</b>                      1 x 50 10 sec R                      1 x 100 15 sec R                      1 x 200 30 sec R                      1 x 100                      1 x 50                      REPEAT 1000</p>
<p><b>Cool Down</b></p>	<p>200 choice 1900</p>	<p>200 choice 2100</p>	<p>200 choice 2600</p>