

FOCUS: Freestyle Technique Breathing

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 freestyle as : 100m breathing every 3 strokes 100m breathing every 2 strokes to your least favourite side 100m breathing every 3 strokes 2 x100 with Pull Buoy as: 12½m Scull (hands in front – thumb up, thumb down), 12½m Underwater recovery Dog Paddle, 75m freestyle focus on low head position – 1 goggle in /1 goggle out 200 unco (fins) as 25 unco, 25 swim 2 x 100 freestyle with pull buoy and paddle on one hand only: 1. Paddle on right hand breathing left 2. Paddle on left hand breathing right 900</p>	<p>400 freestyle as : 100m breathing every 3 strokes 100m breathing every 2 strokes to your least favourite side 100m breathing every 5 strokes 100m breathing every 3 strokes 2 x100 with Pull Buoy as: 12½m Scull (hands in front – thumb up, thumb down), 12½m Underwater recovery Dog Paddle, 75m freestyle focus on low head position – 1 goggle in /1 goggle out 200 unco (fins) as 25 unco, 25 swim 4 x 100 freestyle with pull buoy and paddle on one hand only: 1. Paddle on right hand breathing left 2. Paddle on left hand breathing right 1000</p>	<p>400 freestyle as : 100m breathing every 3 strokes 100m breathing every 2 strokes to your least favourite side 100m breathing every 5 strokes 100m breathing every 3 strokes 2 x100 with Pull Buoy as: 12½m Scull (hands in front – thumb up, thumb down), 12½m Underwater recovery Dog Paddle, 75m freestyle focus on low head position – 1 goggle in /1 goggle out 200 unco (fins) as 25 unco, 25 swim 4 x 100 freestyle with pull buoy and paddle on one hand only: 1 + 3 Paddle on right hand breathing left 2 + 4: Paddle on left hand breathing right 1200</p>
<p>Main Set Focus/Tips: BUILD 200s as 1st 50 set stroke 2nd 50 accelerate Through pull 3rd 50 increase stroke Rate 4th 50 Kick it home</p>	<p>MAIN SET: L200 freestyle Set: 3 x 200 build 1 minute R 100 easy 700 200 Fly Kick fins 50 front 50back 50 side 50 front 200 Form 100s choice build sets 4 x 100 30 sec R 400</p>	<p>MAIN SET: 200 freestyle Set: 4 x 200 build 4.00 or 4.15 or 30 sec R 100 easy 900 200 Fly Kick fins 50 front 50back 50 side 50 front 200 Form 100s choice build sets 4 x 100 30 sec R 400</p>	<p>MAIN SET: 200 freestyle Set: 5 x 200 build on 3.10 or 3.20 or 3.30 100 easy 1100 400 Fly Kick fins 100 front 100 back 100 side 100 front 400 Form 100s choice build sets 6 x 100 on 2.00 or 2.10 or 2.20 600</p>
<p>Cool Down</p>	<p>200 choice 2400</p>	<p>200 choice 2600</p>	<p>200 choice 3500</p>