

**FOCUS: Freestyle Technique**

**1.5 hour**

**MSNSW**

Level	One	Two	Three
<b>Warm up</b> (with fins)	<b>300 choice</b>	<b>400 choice</b>	<b>500 choice</b>
<p><b>Main Set</b></p> <p><b>Focus/Tips:</b></p> <p>Session works through Freestyle stroke Allowing for focus on Each part</p>	<p><b>Freestyle Drills:</b></p> <p>1. <b>Body Position:</b> .Aim - find the perfect streamline position 4 x 25 body position focus jelly float (eyes focused down), slowly raise arms and legs to find streamline position , kick and swim to end of pool ( no fins)</p> <p>2. <b>Kick:</b> Focus on little quick kick - turn toes in 4 x 25 kick</p> <p>3. <b>Catch:</b> Focus on feeling the water on catch -100 sculling: 6 in front, 6 under shoulder, 6 flipper, 6 dog paddle/UW recovery- swim to end of 25 and repeat -100 closed fist/rub hands on rough end of pool /swim -100 6-3- 6</p> <p>4. <b>Pull:</b> focus on acceleration through pull 100 almost catch up</p> <p>5. <b>Timing and Rotation:</b> 100 Unco Drill</p> <p>6. <b>Head Position:</b> Focus low head Swim 100 focus on 1 goggle in/1 goggle out 800</p> <p><b>Threshold Pyramid:</b></p> <p>1 x 50 15 sec I 1 x100 30 sec I 1 x200 1 min I 1 x100 200x 50 100 EASY PULL BUOY /PADDLES ETC FOCUS ON TECHNIQUE 600 8 x 50 choice 20 sec I 400</p>	<p><b>Freestyle Drills:</b></p> <p>1. <b>Body Position:</b> .Aim - find the perfect streamline position 4 x 25 body position focus jelly float (eyes focused down), slowly raise arms and legs to find streamline position , kick and swim to end of pool ( no fins)</p> <p>2 <b>Kick:</b> Focus on little quick kick - turn toes in 4 x 25 kick</p> <p>3 <b>Catch:</b> Focus on feeling the water on catch -100 sculling: 6 in front, 6 under shoulder, 6 flipper, 6 dog paddle/UW recovery- swim to end of 25 and repeat -100 closed fist/rub hands on rough end of pool/swim -100 6-3- 6</p> <p>4 <b>Pull:</b> focus on acceleration through pull 100 almost catch up</p> <p>5 <b>Timing and Rotation:</b> 100 Unco Drill</p> <p>6 <b>Head Position:</b> Focus low head Swim 100 focus on 1 goggle in/1 goggle out 800</p> <p><b>Threshold Pyramid:</b></p> <p>2 x 50 on 60, 1.05 1 x100 on 2.00,2.15 1 x200 on 4.00, 4.15 1 x100 2 x 50 200 EASY PULL BUOY /PADDLES ETC FOCUS ON TECHNIQUE 800 8 x 50 choice 15 sec I 400</p>	<p><b>Freestyle Drills:</b></p> <p>1. <b>Body Position:</b> .Aim - find the perfect streamline position 4 x 25 body position focus jelly float (eyes focused down), slowly raise arms and legs to find streamline position , kick and swim to end of pool ( no fins)</p> <p>2 <b>Kick:</b> Focus on little quick kick - turn toes in 4 x 25 kick</p> <p>3 <b>Catch:</b> Focus on feeling the water on catch -100 sculling: 6 in front, 6 under shoulder, 6 flipper, 6 dog paddle/UW recovery- swim to end of 25 and repeat -100 closed fist/rub hands on rough end of pool/swim -100 6-3- 6</p> <p>4 <b>Pull:</b> focus on acceleration through pull 100 almost catch up</p> <p>5 <b>Timing and Rotation:</b> 100 Unco Drill</p> <p>6 <b>Head Position:</b> Focus low head Swim 100 focus on 1 goggle in/1 goggle out 800</p> <p><b>Threshold Pyramid:</b></p> <p>2 x 50 on 60, 1.05 1 x100 on 2.00,2.15 1 x200 on 4.00, 4.15 1 x100 2 x 50 REPEAT PYRAMID 200 EASY PULL BUOY /PADDLES FOCUS ON TECHNIQUE 1400 8 x 50 choice on 1.10 400</p>
<b>Cool Down</b>	200 choice 2300	200 choice 2600	200 choice 3300