FOCUS: Freestyle Timing and Breaststroke   1.5 hour   **MSNSW**

Level	One	Two	Three
Warm up (with fins) Timing: stroking in the front quadrant –hand stays in catch until recovery hand passes ear , then everything moves forward.	**Warm up:** 400 choice **Drills: focus on timing** • 100 almost catch up • 100 swim focus on head position – 1 goggle in /1 goggle out • 100 swim focus on timing 700	**Warm up:** 400 choice **Drills: focus on timing** • 200 unco as 25 unco 25 swim • 100 almost catch up • 100 swim focus on head position – 1 goggle in /1 goggle out • 100 swim focus on timing 900	**Warm up:** 500 choice **Drills: focus on timing** • 200 unco as 25 unco 25 swim • 100 almost catch up • 100 swim focus on head position – 1 goggle in /1 goggle out • 200 swim focus on timing 1100
Main Set **Focus/Tips:**	**MAIN SET:** **KICK SET:** 8 x 25 choice kick on 45 – get heart rate up 200 **Freestyle *Focus: maintaining pace*** 8 x 50 15 sec R 400 Maintain pace – focus on timing and acceleration through pull 100pull paddles 900 **Breaststroke Focus:** 100 kick – a narrow punchy whip kick 100 drill – 2 kicks /1 pull 100 arms – pull –focus on pull action 100 tennis ball under chin 4 x50 Quality Breaststroke on 1.30 600	**MAIN SET:** **KICK SET:** 8 x 25 choice kick on 45 – get heart rate up 200 **Freestyle *Focus: maintaining pace*** 16 x 50 on 1.00/1.15 Maintain pace – focus on timing and acceleration through pull 100 pull /paddles 900 **Breaststroke Focus:** 100 kick – a narrow punchy whip kick 100 drill – 2 kicks /1 pull 100 arms – pull –focus on pull action 100 tennis ball under chin 4 x50 Quality Breaststroke on 1.30 600	**MAIN SET:** **KICK SET:** 8 x 25 choice kick on 45 – get heart rate up 200 **Freestyle *Focus: maintaining pace*** 20x 50 on 50/55 Maintain pace – focus on timing and acceleration through pull 200 pull/paddles 1200 **Breaststroke Focus:** 100 kick – a narrow punchy whip kick 100 drill – 2 kicks /1 pull 100 arms – pull –focus on pull action 100 tennis ball under chin 4 x 50 Quality Breaststroke on 1.15 600
Cool Down	200 choice 2100	200 choice 2800	200 choice 3300