

FOCUS: Super Set to build endurance + focus on timing in warm up

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice</p> <p>Freestyle Timing Focus Drills 100 of each:</p> <ul style="list-style-type: none"> • Almost catch up • Unco • Swim focusing on timing – <i>hand stays in catch until recovery hand passes ear – then everything moves forward/accelerate through pull</i> <p style="text-align: right;">600</p>	<p>400 choice</p> <p>Freestyle Timing Focus Drills 100 of each:</p> <ul style="list-style-type: none"> • Almost catch up • Unco • Swim focusing on timing – <i>hand stays in catch until recovery hand passes ear – then everything moves forward/accelerate through pull</i> <p style="text-align: right;">700</p>	<p>500 choice</p> <p>Freestyle Timing Focus Drills 100 of each:</p> <ul style="list-style-type: none"> • Almost catch up • Unco • Swim focusing on timing – <i>hand stays in catch until recovery hand passes ear – then everything moves forward/accelerate through pull</i> <p style="text-align: right;">800</p>
<p>Main Set</p> <p>Focus/Tips:</p> <p>Very challenging big set Swimmers can change stroke Aimed at building endurance</p> <p>Adapt for your swimmers by Adding more/less</p>	<p>SUPER SET!!</p> <p>4 x 50 15 sec I</p> <p>1 x 100 30 sec I</p> <p>1 x 200 40 sec R</p> <p>1 x 400 1 minute I</p> <p>1 x 100 30 sec I</p> <p>4 x 50 15 sec! 1400</p> <p>200 pull /paddles 200</p>	<p>SUPER SET!!</p> <p>4 x 50 60 or 10 sec I</p> <p>2 x 100 2.00 or 20 sec I</p> <p>1 x 200 4.00 or 30 sec I</p> <p>1 x 400 1 minute I</p> <p>1 x 200 as above</p> <p>2 x 100 as above</p> <p>4 x 50 as above 1600</p> <p>200 pull/paddles 200</p>	<p>SUPER SET!!</p> <p>8 x 50 50 or 55</p> <p>4 x 100 1.35 or 1.40 or 1.45</p> <p>2 x 200 3.10 or 3.20 or 3.30</p> <p>1 x 400 6.30 or 7.00</p> <p>2 x 200 as above</p> <p>4 x 100 as above</p> <p>8 x 50 as above 2800</p> <p>200 pull/paddles 200</p>
<p>Cool Down</p>	<p>200 choice 2400</p>	<p>200 choice 2700</p>	<p>200 choice 4000</p>