

FOCUS: IM and starting sprinting

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice 200 pull paddles SPRINT Heart starters: 4 x 25 30 sec R, 2 x 50 1 minute R choice 100 easy 800</p>	<p>400 choice 200 pull paddles SPRINT Heart starters: 4 x 25 on 45, 2 x 50 on 2.00 choice 100 easy 900</p>	<p>500 choice 200 pull paddles SPRINT Heart starters: 4 x 25 on 30, 2 x 50 on 1.30 choice 100 easy 1000</p>
<p>Main Set Focus/Tips: Starting sprinting Increased recovery for Quality sprints Lane 1 swimmers who Can't do Fly – substitute a stroke Swimmers can substitute Form stroke in desc set Effort E = easy M = moderate H = hard</p>	<p>IM Pyramid: 1 x 100 IM kick (fins) 1 x 100 IM drill (fins) 2 x 100 IM on 2.30 or 30 sec R 1 x 100 IM drill (fins) 1 x 100 IM kick (fins) 100 easy 700 Freestyle Descending Set: 3 x 100 Free as E M H 300 30 sec R 4 x 50 choice as E M H E 200 20 sec R</p>	<p>IM Pyramid: 1 x 100 IM kick (fins) 1 x 100 IM drill (fins) 1 x 100 IM on 2.30 or 30 sec R 1 x 200 IM on 4.30 or 1 minute R 1 x 100 IM 1 x 100 IM drill (fins) 1 x 100 IM kick (fins) 100 easy 900 Freestyle Descending Set: 2 X (3 x 100 Free) as E M H 600 on 2.15 or 2.30 (extra rest for max effort)</p>	<p>IM Pyramid: 1 x 100 IM kick 1 x 100 IM drill 2 x 100 IM on 2.00 or 2.10 or 2.20 1 x 200 IM on 3.30 or 3.45 or 4.00 2 x 100 IM 1 x 100 IM drill 1 x 100 IM kick 100 easy 1100 Freestyle Descending Set: 3 X (3 x 100 Free) as E M H 900 on 2.00 (extra rest for max effort on hard)</p>
<p>Cool Down</p>	<p>200 choice 2200</p>	<p>200 choice 2600</p>	<p>200 choice 3200</p>