

FOCUS: Mixed Recovery after swim meet

1 hour set

MSNSW

| Level | One | Two | Three |
|---|--|--|--|
| <p>Warm up (with fins)</p> | <p>300 choice</p> <p>Drills: 100 of each</p> <ul style="list-style-type: none"> • 6-3-6 • Almost catch up • Paddles • Pull <p style="text-align: right;">700</p> | <p>300 choice</p> <p>Drills: 100 of each</p> <ul style="list-style-type: none"> • 6-3-6 • Almost catch up • Paddles • Pull <p style="text-align: right;">700</p> | <p>400 choice</p> <p>Drills: 100 of each</p> <ul style="list-style-type: none"> • 6-3-6 • Almost catch up • Paddles • Pull <p style="text-align: right;">800</p> |
| <p>Main Set Focus/Tips:</p> | <p>Mixed Set: steady pace – recovery</p> <ul style="list-style-type: none"> • 4 x 50 Freestyle on 55 • 2 x 50 Freestyle Kick on 1.15 • 4 x 50 form on 1.10 • 2 x 50 kick form on 1.30 • 2 x 50 Freestyle • 1 x 50 Kick • 2 x 50 form • 1 x 50 kick form <p style="text-align: right;">900</p> <p>IM set:</p> <p>100 IM Drill</p> <p>2 x 100 IM on 2.00 or 2.10</p> <p style="text-align: right;">300</p> | <p>Mixed Set: steady pace – recovery</p> <p>2 x</p> <ul style="list-style-type: none"> • 4 x 50 Freestyle on 55 • 2 x 50 Freestyle Kick on 1.15 • 4 x 50 form on 1.10 • 2 x 50 kick form on 1.30 <p style="text-align: right;">1200</p> <p>IM set:</p> <p>200 IM Drill</p> <p>2 x 100 IM on 2.00 or 2.10</p> <p style="text-align: right;">400</p> | <p>Mixed Set: steady pace – recovery</p> <p>2 x</p> <ul style="list-style-type: none"> • 4 x 50 Freestyle on 55 • 2 x 50 Freestyle Kick on 1.15 • 4 x 50 form on 1.10 • 2 x 50 kick form on 1.30 <p style="text-align: right;">1200</p> <p>IM set:</p> <p>200 IM Drill</p> <p>4 x 100 IM on 2.00 or 2.10</p> <p style="text-align: right;">600</p> |
| <p>Cool Down</p> | <p>Cool down 200</p> <p style="text-align: right;">2100</p> | <p>Cool down 200</p> <p style="text-align: right;">2500</p> | <p>Cool down 200</p> <p style="text-align: right;">2800</p> |