

FOCUS: Pull and Broken 200s

1.5 hour

MSNSW

| Level | One | Two | Three |
|--|--|--|---|
| <p>Warm up (with fins)</p> | <p>300 choice</p> <p>Focus pull part of Stroke Freestyle - 100 almost catch up 100 pull/paddles Backstroke – 100 pause and accelerate through pull Breaststroke- 100 focus on accelerating through pull and driving hands forward – try to “beat your kick” Fly – 4 x 25 fast fly arms – accelerating through pull Heart Starters fins 8 x 25 Sprints Reverse IM order 15 sec R 100 easy 100</p> | <p>400 choice</p> <p>Focus pull part of Stroke Freestyle - 100 almost catch up 100 pull/paddles Backstroke – 100 pause and accelerate through pull Breaststroke- 100 focus on accelerating through pull and driving hands forward – try to “beat your kick” Fly – 4 x 25 fast fly arms – accelerating through pull Heart Starters 8 x 25 Sprints Reverse IM order 15 sec R 100 easy 1200</p> | <p>500 choice</p> <p>Focus pull part of Stroke Freestyle - 100 almost catch up 200 pull/paddles Backstroke – 100 pause and accelerate through pull Breaststroke- 100 focus on accelerating through pull and driving hands forward – try to “beat your kick” Fly – 4 x 25 fast fly arms – accelerating through pull as 1 1 1 drill – 1 arm , other arm , both arms Heart Starters 8 x 25 Sprints Reverse IM order 15 sec R 100 easy 1400</p> |
| <p>Main Set Focus/Tips: Broken 200s – hard 50s Should give a time similar to PB for 200</p> | <p>MAIN SET: Broken 200s 90% intensity</p> <p>2 x 200 broken into 50s 10 sec R –deduct 30 sec to work out time. 1 minute I 100 easy 500</p> <p>4 x 100 IM as broken into 25s 30 sec I 400</p> | <p>MAIN SET: Broken 200s 90% intensity</p> <p>3 x 200 broken into 50s 10 sec R –deduct 30 sec to work out time. 1 minute I 100 easy 700</p> <p>1 x 200 IM as broken into 50s – as above 4 x 100 IM as broken into 25s 30 sec I 600</p> | <p>MAIN SET: Broken 200s 90% intensity</p> <p>4 x 200 broken into 50s 10 sec R –deduct 30 sec to work out time. On 5 min 100 easy 900</p> <p>2 x 200 IM as broken into 50s – as above On 5.00 4 x 100 IM as broken into 25s On 2.30 800</p> |
| <p>Cool Down</p> | <p>200 choice 2200</p> | <p>200 choice 2700</p> | <p>200 choice 3300</p> |