

FOCUS: Pull and Turns 1.5 hour

Level	One	Two	Three
Warm up (with fins)	<ul style="list-style-type: none"> • 300 choice • 200 Kick set on whistle varying speeds – whole squad • 200 freestyle – turns focus – throwing your legs – every 4th stroke somersault • Drill focus_ pull – acceleration through pull <ul style="list-style-type: none"> - 200 almost catch up - 200 pull/paddles <p style="text-align: right;">1100</p>	<ul style="list-style-type: none"> • 400 choice • 200 Kick set on whistle varying speeds – Whole squad • 200 freestyle – turns focus – throwing your legs – every 4th stroke somersault • Drill focus_ pull – acceleration through pull <ul style="list-style-type: none"> - 200 almost catch up - 200 pull/paddles <p style="text-align: right;">1200</p>	<ul style="list-style-type: none"> • 500 choice • 200 Kick set on whistle varying speeds – Whole squad • 200 freestyle – turns focus – throwing your legs – every 4th stroke somersault • Drill focus_ pull – acceleration through Pull <ul style="list-style-type: none"> - 200 almost catch up - 200 pull/paddles <p style="text-align: right;">1300</p>
Main Set	Build Sets: Threshold pace	Build Sets: Threshold pace	Build Sets: threshold pace
Focus/Tips:	1 x 200 30 sec R	2 x 200 on 4.00 or 20 sec R	4 x 200 on 3.15 or 3.20 Or 3.30
Build Sets:	100 easy	100 easy	100 easy
As:	3 x 100 30 sec R	3 x 100 on 2.00 or 2.15 or 15 sec R	4 x 100 on 1.35 or 1.40 or 1.45
Set stroke	100 Easy	100 easy	100 easy 1400
Accelerate through pull	Form Set:	Form Set:	Form Set:
Increase stroke rate	Drill: Backstroke - focus on pull	Drill: Backstroke - focus on pull	Drill: Backstroke - focus on pull
Kick it home	100 pause and accelerate	100 pause and accelerate	100 pause and accelerate
	Breaststroke – 100 2 kicks/1 pull	Breaststroke – 100 2 kicks/1 pull	Breaststroke – 100 2 kicks/1 pull
	6 x 50 choice Form 20 sec I 1200	8 x 50 choice Form 1.30 or 20 sec I 1500	8 x 50 choice Form on 1.10 or 1.15 600
Cool Down	Cool down 200 2500	Cool down 200 2900	Cool down 200 3500