

FOCUS: SPRINT FOCUS

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice Heart starters – whole squad 4 x 25 dive start walk back sprints Can start in water 400</p>	<p>400 choice Heart starters – whole squad 4 x 25 dive start walk back sprints 500</p>	<p>500 choice Heart starters – whole squad 4 x 25 dive start walk back sprints 600</p>
<p>Main Set Focus/Tips: Starting quality sprinting Active recovery using Pull Buoy/Paddles.</p>	<p>4 x 25 Kick hard (fins) Sprint set at 85-90% 1 x 200 F/S 1 minute R 100 easy 1 x 200 choice 1 minute R 100 paddle/pull –easy 2 x 100 F/S 30 sec R 100 easy 2 x 100 choice on 30 sec R 100 pull /paddle- easy 2 x 50 F/S 15 sec R 100 easy 2 x 50 choice 15 sec R 100 pull /paddle – easy 1700</p>	<p>4 x 25 kick hard – On 60 Sprint set at 85-90% 2 x 200 F/S on 4.15 100 easy 1 x 200 choice on 4.30 100 paddle/pull –easy 3 x 100 F/S on 2.15 100 easy 2 x 100 choice on 2.45 or 30 sec R 100 pull /paddle- easy 4 x 50 F/S on 1.15 100 easy 4 x 50 choice on 1.30 100 pull /paddle – easy 2200</p>	<p>4 x 25 kick hard on 45 Sprint set at 85-90% 2 x 200 F/S on 3.30/4.00 100 easy 1 x 200 choice on 3.30 or 4.00 100 paddle/pull –easy 4 x 100 F/S on 1.45/2.00 100 easy 2 x 100 choice on 2.15/2.30 100 pull /paddle- easy 8 x 50 F/S on 60 100 easy 4 x 50 choice on 1.15 100 pull /paddle – easy 2500</p>
<p>Cool Down</p>	<p>Cool down 200</p>	<p>Cool down 200 2900</p>	<p>Cool down 200 3300</p>