

FOCUS: SPRINT FOCUS active recovery increasing rest 1.5 hour

MSNSW

Level	One	Two	Three
Warm up (with fins)	<ul style="list-style-type: none"> • 300 choice • 4 x 25 heart starters Sprints: Whole squad 4 x 50 dive starts 100 easy	<ul style="list-style-type: none"> • 400 choice • 4 x 25 heart starters Sprints: Whole squad 4 x 50 dive starts 100 easy	<ul style="list-style-type: none"> • 500 choice • 4 x 25 heart starters Sprints: Whole squad 4 x 50 dive starts 100 easy
Main Set Focus/Tips: Active recovery Increased rest Hard effort	<ul style="list-style-type: none"> • Kick Set: fins 2 x50 as Easy/Hard, 2 x 50 as H/E, 2 x 50 Build, 2 x 50 Hard 100 easy	<ul style="list-style-type: none"> • Kick Set: 2 x50 as Easy/Hard, 2 x 50 as H/E, 2 x 50 Build, 2 x 50 Hard 100 easy	<ul style="list-style-type: none"> • Kick Set: 2 x50 as Easy/Hard, 2 x 50 as H/E, 2 x 50 Build, 2 x 50 Hard 100 easy
Cool Down	Cool down 250	Cool down 250	Cool down 250

700

800

900

400

400

400

400

800

1000

450

450

450

1250

1650

1850

2200

2700

3000