

FOCUS: SPRINT FOCUS /High Intensity Active Recovery

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice 4 x 25 heart starters Whole squad 4 x 50 dive starts 100 easy 700</p>	<p>400 choice 4 x 25 heart starters Whole squad 4 x 50 dive starts 100 easy 800</p>	<p>500 choice 4 x 25 heart starters Whole squad 4 x 50 dive starts 100 easy 900</p>
<p>Main Set Focus/Tips: High intensity Active Recovery</p>	<p>Kick Set: choice fins 2 x50 as Easy/Hard, 2 x 50 as H/E, 2 x 50 Build, 2 x 50 Hard 100 easy 500 Sprint Set: choice stroke 3 x 100 sprint hard, then 100 recovery - 1 min R 600 3 x 50 sprint hard , then 50 recovery – 1 min R 300</p>	<p>Kick Set: choice 2 x50 as Easy/Hard, 2 x 50 as H/E, 2 x 50 Build, 2 x 50 Hard 100 easy 500 Sprint Set: choice stroke 4 x 100 sprint hard, then 100 recovery - on 6 mins 800 3 x 50 sprint hard , then 100 recovery – 1 min R 450</p>	<p>Kick Set: choice 2 x50 as Easy/Hard, 2 x 50 as H/E, 2 x 50 Build, 2 x 50 Hard 100 easy 500 Sprint Set: choice stroke 5 x 100 sprint hard, then 100 recovery - on 5 mins 1000 3 x 50 sprint hard , then 100 recovery – on 3 mins 450</p>
<p>Cool Down</p>	<p>Cool down 200 2300</p>	<p>Cool down 250 2800</p>	<p>Cool down 250 3100</p>