

FOCUS: SPRINT - Broken 200s

1 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>400 choice 4 x 25 sprint kick choice 30 sec I 200 pull/paddle 700</p>	<p>400 choice 8 x 25 sprint kick choice 30 sec I 200 pull/paddle 800</p>	<p>400 choice 8 x 25 sprint kick choice on 45 200 pull/paddle 800</p>
<p>Main Set Focus/Tips: Maintain fast sprint Pace</p>	<p>Broken 200 set</p> <ul style="list-style-type: none"> • 3 x 200 Freestyle as 10 sec interval between each 50 At end deduct 30 sec – time should be equal to race time 1 minute R • 1 x 200 choice As above 1 minute I • 2 x100 IM – broken 25s 5 Sec I – 30 sec R 1000 	<p>Broken 200 set</p> <ul style="list-style-type: none"> • 3 x 200 Freestyle as 10 sec interval between each 50 At end deduct 30 sec – time should be equal to race time 1 minute R • 2 x 200 choice As above 1 minute I • 2 x 100 IM –broken 25s • 5 sec I – 30 sec R 1200 	<p>Broken 200 set</p> <ul style="list-style-type: none"> • 4 x 200 Freestyle as 10 sec interval between each 50 At end deduct 30 sec – time should be equal to race time on 4.30 2 x 200 choice As above 1 minute I • 4 x100 IM - broken 25's 5 sec I On 2.30 1600
<p>Cool Down</p>	<p>Choice 300 2000</p>	<p>Choice 200 2200</p>	<p>Choice 200 2600</p>