

FOCUS: SPRINT - Final lead up 1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>400 choice 200 choice drills 200 choice kick Whole squad 4 x 25 walk back sprint 100 recovery 1000</p>	<p>500 choice 200 choice drills 200 choice kick Whole squad 4 x 25 walk back sprint 100 recovery 1100</p>	<p>600 choice 200 choice drills 200 choice kick Whole squad 4 x 25 walk back sprint 100 recovery 1200</p>
<p>Main Set Focus/Tips: Sprints at Race Pace Max effort</p>	<p>Sprints</p> <ul style="list-style-type: none"> • 2 x 100 F/S hard! At least 1 minute R 100 recovery • 1 x 200 choice hard ! 2 minutes R 100 recovery • 2 x 100 choice hard! At least 1 minute R 100 recovery 900 • 50 set – working starts , turns , finishes Repeat: 1st as F/S , 2nd choice . working in thirds: H=hard E = easy 1. H, E, E 2. E, H, E 3. E, E , H Repeat on either 1.30 Take 30 secs between each set 300 	<p>Sprints</p> <ul style="list-style-type: none"> • 2 x 100 F/S hard! On 3.00 100 recovery • 1 x 200 choice hard ! 2 min R 100 recovery • 2 x 100 choice hard! On 4 100 recovery 900 • 50 set – working starts , turns , finishes Repeat 3 times: 1st 2 as F/S , 3rd as choice . working in thirds: H=hard E = easy 1. H, E, E 2. E, H, E 3. E, E , H Repeat on 1.15 Take 30 secs between each set 450 	<p>Sprints</p> <ul style="list-style-type: none"> • 2 x 100 F/S hard! On 2.30 100 recovery • 1 x 200 choice hard ! On 4.30 100 recovery • 2 x 100 choice hard! On 3 100 recovery 900 • 50 set – working starts , turns , finishes Repeat 4 times: 1st 2 as F/S , 2nd 2 choice working in thirds: H=hard E = easy 1. H, E, E 2. E, H, E 3. E, E , H Repeat on 1.00 Take 30 secs between each set 600
<p>Cool Down</p>	<p>Cool down 200 2400</p>	<p>Cool down 250 2700</p>	<p>Cool down 200 2900</p>