

FOCUS: SPRINT High Intensity

1 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<ul style="list-style-type: none"> • 300 choice fins • 200 choice drills • 4 x 25 heart starters - 25 sprints 15 sec rest - fins • 4x 25 Fast fly arm drill 1 1 1 – fins • 100 easy 800 	<ul style="list-style-type: none"> • 300 choice fins • 200 choice drills • 4 x 25 heart starters - 25 sprints 15 sec rest - fins • 4x 25 Fast fly arm drill 1 1 1 – fins • 100 easy 800 	<ul style="list-style-type: none"> • 500 choice fins • 200 choice drills • 4 x 25 heart starters - 25 sprints 15 sec rest - fins • 4x 25 Fast fly arm drill 1 1 1 - fins • 100 easy 1000
<p>Main Set Focus/Tips: Race pace- hard sprint LIFO=last in First out</p>	<p>SPRINT</p> <ul style="list-style-type: none"> • 2 x 100 FS sprint - work hard 90% 1 min R • 100 easy • 2 x 100 form sprint - 1 min R • 100 easy • 6 x 50 F/S– broken into thirds as 1. H, E, E. 2. E, H, E 3. E,E H Repeat on 1.00/1.15 <p>H=Hard E=easy</p> <ul style="list-style-type: none"> • 2 x 50 F/S– flat out 1 min R in between <p>Work start, finish, turns</p> <p style="text-align: right;">1000</p>	<p>SPRINT</p> <ul style="list-style-type: none"> • 3 x 100 FS sprint - work hard 90% - on 3.00 • 100 easy • 3 x 100 form sprint – on 3.30 • 100 easy • 6 x 50 F/S– broken into thirds as 1. H, E, E. 2. E, H, E 3. E,E H Repeat on 1.00/1.15 <p>H=Hard E=easy</p> <ul style="list-style-type: none"> • 2 x 50 F/S– flat out 1 min R in between <ul style="list-style-type: none"> ○ Work start, finish, turns <p style="text-align: right;">1200</p>	<p>SPRINT</p> <ul style="list-style-type: none"> • 3 x 100 FS sprint - work hard 90% - on 2.30 • 100 easy • 3 x 100 form sprint - On 2.45 /3.00 • 100 easy • 6 x 50 F/S– broken into thirds as 1. H, E, E. 2. E, H, E 3. E,E H Repeat on 1.00/1.15 <p>H=Hard E=easy</p> <ul style="list-style-type: none"> • 2 x 50 F/S– flat out 1 min R in between <p>Work start, finish, turns</p>
<p>Cool Down</p>	<p>Cool down 200 2000</p>	<p>Cool down 200 2200</p>	<p>Cool down 200 2400</p>