

FOCUS: Sprint – Increasing Effort

1 hour

MSNSW

Level	One	Two	Three
Warm up (with fins)	300 choice 200 pull buoy/paddles/ snorkel 100 kick 8 x 25 sprints (fins opt) LIFO(last in first out) 800	400 choice 200 pull buoy/paddles/ snorkel 100 kick 8 x 25 sprints (fins opt) LIFO(last in first out) 900	500 choice 200 pull buoy/paddles/ snorkel 100 kick 8 x 25 sprints (fins opt) LIFO(last in first out) 1000
Main Set Focus/Tips: Set builds awareness of Speed/pace Should be adequate recovery Time	Increasing Effort: <i>Aim is to take 3 secs off each 100</i> <ul style="list-style-type: none"> Freestyle Set: 3 x 100 FS as easy moderate hard 1 minute R 100 easy 400 Form Set 3 x 100 form as E M H 1 minute R 100 easy 100 Fly kick fins back side front etc 500 Underwater water work on starts <i>work underwater work off start then up Sprint</i> 30 sec I or LIFO (last in first out) Stroke choice 8 x 25 's 200	Increasing Effort: <i>Aim is to take 3 secs off each 100</i> <ul style="list-style-type: none"> Freestyle Set: 2 x 3 x 100 FS as easy moderate hard On 2.15 100 easy 700 Form Set 3 x 100 form as E M H On 2.45 or 30 sec I 100 easy 100 Fly kick fins back side front etc 500 Underwater water work on starts <i>work underwater work off start then up Sprint</i> 30 sec I or LIFO (last in first out) Stroke choice 8 x 25's 200	Increasing Effort: <i>Aim is to take 3 secs off each 100</i> <ul style="list-style-type: none"> Freestyle Set: 2 x 3 x 100 FS as easy moderate hard On 2.00 100 easy 700 Form Set 3 x 100 form as E M H On 2.30 or 30 sec I 100 easy 100 Fly kick back side front etc 500 Underwater water work on starts <i>work underwater work off start then up Sprint</i> 30 sec I or LIFO (last in first out) Stroke choice 16 x 25's 400
Cool Down	200 choice 2100	200 choice 2500	200 choice 2800