

FOCUS: Sprinting with active recovery

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice 200 drill choice 8 x 25 heart starters - whole squad on whistle Fins option 100 easy 800</p>	<p>400 choice 200 drill choice 8 x 25 heart starters - whole squad on whistle 100 easy 900</p>	<p>500 choice 200 drill choice 8 x 25 heart starters - whole squad on whistle 100 easy 1000</p>
<p>Main Set Focus/Tips: Focus: Max Effort Followed by active recovery And rest Distance in set will not be as great due to rest time</p>	<p>Sprint with active recovery</p> <ul style="list-style-type: none"> • Freestyle 3 x - 100 freestyle 90-95% 10 sec interval Followed straight by - 100 freestyle recover 1 minute R 600 • Form Choice 5 X - 50 hard Followed straight by - 50 recovery 1 minute R 500 <p>Walk back sprints 8 x 25 choice – dive starts 200</p>	<p>Sprint with active recovery</p> <ul style="list-style-type: none"> • Freestyle 4 x - 100 freestyle 90-95% 10 sec interval Followed straight by - 100 freestyle recover 1 minute R 800 • Form Choice 6 X - 50 hard Followed straight by - 50 recovery 1 minute R 600 <p>Walk back sprints 8 x 25 choice – dive starts 200</p>	<p>Sprint with active recovery</p> <ul style="list-style-type: none"> • Freestyle 6 x - 100 freestyle 90-95% 10 sec interval Followed straight by - 100 freestyle recover On 4 mins 1200 • Form Choice 6 X - 50 hard Followed straight by - 50 recovery On 2 mins 600 <p>Walk back sprints 8 x 25 choice – dive starts 200</p>
<p>Cool Down</p>	<p>200 choice 2300</p>	<p>200 choice 2600</p>	<p>200 choice 3200</p>