

**FOCUS: SPRINT Work and Turns**

**1.5 hour**

**MSNSW**

Level	One	Two	Three
<p><b>Warm up</b> (with fins) Focus: turns attacking Wall Stroke_ acceleration Thru pull</p>	<p>300 choice Kick set whole squad on whistle @ 200 Drills:  <ul style="list-style-type: none"> <li>200 Freestyle – every 5 strokes somersault</li> </ul> <i>Turns focus throwing your legs</i>  <ul style="list-style-type: none"> <li>200 almost catch up</li> </ul>                     200 pull/paddles <span style="float: right;">900</span></p>	<p>400 choice Kick set whole squad on whistle @ 200 Drills:  <ul style="list-style-type: none"> <li>200 Freestyle – every 5 strokes somersault</li> </ul> <i>Turns focus throwing your legs</i>  <ul style="list-style-type: none"> <li>200 almost catch up</li> </ul>                     200 pull/paddles <span style="float: right;">1000</span></p>	<p>500 choice Kick set whole squad on whistle @ 200 Drills:  <ul style="list-style-type: none"> <li>200 Freestyle – every 5 strokes somersault</li> </ul> <i>Turns focus throwing your legs</i>  <ul style="list-style-type: none"> <li>200 almost catch up</li> <li>200 pull/paddles <span style="float: right;">1300</span></li> </ul></p>
<p><b>Main Set</b> <b>Focus/Tips:</b> Solid effort - 85-90 % effort Adequate recovery time</p>	<p><b>Freestyle Set:</b> <i>Solid effort - 85-90 % effort</i> 4 x 100 freestyle 1 min R 200 pull/paddles <span style="float: right;">600</span></p> <p><b>Turn Work:</b> 8 x 50 IM order 4 x 50 IM switches 30 sec I <span style="float: right;">600</span></p>	<p><b>Freestyle Set:</b> <i>Solid effort - 85-90 % effort</i> 6 x 100 freestyle on 2.30 200 pull/paddles <span style="float: right;">800</span></p> <p><b>Turn Work:</b> 8 x 50 IM order 6 x 50 IM switches 20 sec I <span style="float: right;">700</span></p>	<p><b>Freestyle Set:</b> <i>Solid effort - 85-90 % effort</i> 8 x 100 freestyle on 2.00 200 pull/paddles <span style="float: right;">1000</span></p> <p><b>Turn Work:</b> 12 x 50 IM order 10 x 50 IM switches On 1.15 <span style="float: right;">1100</span></p>
<p><b>Cool Down</b></p>	<p>Cool down 200 choice <span style="float: right;">2300</span></p>	<p>Cool down 200 choice <span style="float: right;">2700</span></p>	<p>Cool down 200 choice <span style="float: right;">3600</span></p>