FOCUS: SPRINT FOCUS **1 hour** **MSNSW**

Level	One	Two	Three
Warm up (with fins)	300 choice **Drills**: 100 636 F/S 100 636 back 100 222 Fly 100 2 kicks/ 1 pull BR/S - no fins Heart starters: 4 x 25 fast kick 4 x 25 sprints. 900	400 choice **Drills**: 100 636 F/S 100 636 back 100 222 Fly 100 2 kicks/ 1 pull BR/S - no fins Heart starters: 4 x 25 fast kick 4 x 25 sprints. 1000	500 choice **Drills:** 100 636 F/S 100 636 back 100 222 Fly 100 2 kicks/ 1 pull BR/S - no fins Heart starters: 4 x 25 fast kick 4 x 25 sprints. 1100
Main Set **Focus/Tips:** **Sprinting - what to do –** Experiment with what works increasing stroke rate, less breaths, increased kick Work start, turns and finish	**Freestyle 50 sprint - interval work** 2 x (4 x 50) as : 50 divided into 1/3's On 1.30 E = easy M = moderate H = hard 1.E M H 2.H E M 3.M H E 4.All Hard! 100 easy. 500 **Form:** 2 x (4 x 50) - as above 30 sec R 1.E M H 2.H E M 3.M H E 4.all Hard! 400. 900	**Freestyle 50 sprint - interval work** 3 x (4 x 50) as : 50 divided into 1/3's On 1.15 E = easy M = moderate H = hard 1.E M H 2.H E M 3.M H E 4.All Hard! 100 easy. 700 **Form:** 2 x (4 x 50) - as above On 1.30 1.E M H 2.H E M 3.M H E 4.all Hard! 400. 900	**Freestyle 50 sprint - interval work** 4 x (4 x 50) as : 50 divided into 1/3's On 60 E = easy M = moderate H = hard 1.E M H 2.H E M 3.M H E 4.All Hard! 100 easy. 900 **Form:** 2 x (4 x 50) - as above On 1.15 1.E M H 2.H E M 3.M H E 4.all Hard! 400. 900
Cool Down	200 cool down 2000	200 cool down 2300	200 cool down 2600