

FOCUS: Starting to Sprint		1hour		MSNSW	
Level	One	Two	Three		
Warm up (with fins) Flat out sprints to get heart rate up	300 choice Freestyle Drills: <ul style="list-style-type: none"> • 100 closed fist /rub/swim • 100 almost catch up • 100 pull /paddles 4 x 25 sprint (fins) 100 easy <p style="text-align: right;">800</p>	400 choice Freestyle Drills: <ul style="list-style-type: none"> • 100 closed fist /rub/swim • 100 almost catch up • 100 unco 4 x 25 sprint 100 easy <p style="text-align: right;">900</p>	500 choice Drills: <ul style="list-style-type: none"> • 100 closed fist /rub/swim • 100 almost catch up • 100 unco 4 x 25 sprint 100 easy <p style="text-align: right;">1000</p>		
Main Set Focus/Tips: Rest Intervals are increased slightly by 10 sec from similar Threshold sets	Starting to sprint set: Freestyle: <ul style="list-style-type: none"> • 2 x 100 F/S 30 sec R • 1 x 50 kick 30 sec r Do set 2 times <ul style="list-style-type: none"> • 100 easy <p style="text-align: right;">600</p> Form Set: 2 x 50 choice form 30 sec R 4 x 25 kick 30 sec I Do set 2 times <p style="text-align: right;">400</p>	Starting to sprint set: Freestyle: <ul style="list-style-type: none"> • 2 x 100 F/S on 2.15 or 30 sec R • 1 x 50 kick on 1.30 or 30 sec r Do set 3 times <ul style="list-style-type: none"> • 50 easy <p style="text-align: right;">800</p> Form Set: 2 x 50 choice form 1.30 4 x 25 kick 30 sec I Do set 2 times <p style="text-align: right;">400</p>	Starting to sprint set: Freestyle: <ul style="list-style-type: none"> • 2 x 100 F/S on 1.45/1.50/2.00 or 30 sec R • 1 x 50 kick on 1.15 or 30 sec r Do set 3 times <ul style="list-style-type: none"> • 50 easy <p style="text-align: right;">800</p> Form Set: 4 x 50 choice form 1.15 4 x 25 kick 30 sec I Do set 2 times <p style="text-align: right;">600</p>		
Cool Down	200 choice <p style="text-align: right;">2000</p>	200 choice <p style="text-align: right;">2300</p>	200 choice <p style="text-align: right;">2600</p>		