

FOCUS: Starting to Sprint

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p> <p>Flat out sprints to get heart rate up</p>	<p>300 choice</p> <p>Freestyle Drills:</p> <ul style="list-style-type: none"> • 100 closed fist /rub your hands on rough end of pool/swim • 100 almost catch up • 200 unco <p>8 x 25 sprint (whole squad) on whistle Lane 1 fin option 100 easy</p> <p style="text-align: right;">1000</p>	<p>400 choice</p> <p>Freestyle Drills:</p> <ul style="list-style-type: none"> • 100 closed fist / rub your hands on rough end of pool/swim • 100 almost catch up • 200 unco <p>8 x 25 sprint (whole squad) on whistle 100 easy</p> <p style="text-align: right;">1100</p>	<p>500 choice</p> <p>Drills:</p> <ul style="list-style-type: none"> • 100 closed fist / rub your hands on rough end of pool/swim • 100 almost catch up • 200 unco <p>8 x 25 sprint (whole squad) on whistle 100 easy</p> <p style="text-align: right;">1200</p>
<p>Main Set</p> <p>Focus/Tips:</p> <p>Rest Intervals are Increased slightly by 10 sec from similar Threshold sets</p>	<p>Starting to sprint set:</p> <p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 100 F/s 30 sec R • 2 x 50 kick 30 sec r <p>Do set 2 times</p> <ul style="list-style-type: none"> • 100 easy <p style="text-align: right;">700</p> <p>Form Set:</p> <p>3 x 50 choice form 30 sec R</p> <p>4 x 25 kick 30 sec I</p> <p>Do set 2 times</p> <p style="text-align: right;">500</p>	<p>Starting to sprint set:</p> <p>Freestyle:</p> <ul style="list-style-type: none"> • 2 x 100 F/s on 2.15 or 30 sec R • 2 x 50 kick on 1.30 or 30 sec r <p>Do set 3 times</p> <ul style="list-style-type: none"> • 100 easy <p style="text-align: right;">1000</p> <p>Form Set:</p> <p>3 x 50 choice form 1.30</p> <p>4 x 25 kick 30 sec I</p> <p>Do set 2 times</p> <p style="text-align: right;">500</p>	<p>Starting to sprint set:</p> <p>Freestyle:</p> <ul style="list-style-type: none"> • 4 x 100 F/s on 1.45/1.50/2.00 or 30 sec R • 2 x 50 kick on 1.15 or 30 sec r <p>Do set 3 times</p> <ul style="list-style-type: none"> • 100 easy <p style="text-align: right;">1600</p> <p>Form Set:</p> <p>4 x 50 choice form 1.15</p> <p>4 x 25 kick 30 sec I</p> <p>Do set 2 times</p> <p style="text-align: right;">600</p>
<p>Cool Down</p>	<p>200 choice</p> <p style="text-align: right;">2400</p>	<p>200 choice</p> <p style="text-align: right;">2800</p>	<p>200 choice</p> <p style="text-align: right;">3600</p>