

FOCUS: Starting to Sprint + Breaststroke

1.5 hour 50 m

MSNSW

Level	One	Two	Three
<p>Warm up (with fins) Popov Drill (scull in front with 1 hand, other hand held in high elbow recovery phase swap arms)</p>	<p>300 choice</p> <p>Freestyle Drills : 100 of each:</p> <ul style="list-style-type: none"> • 6-3 -6 • Popov Drill • Almost catch up <p>200 pull /paddles 800</p>	<p>400 choice</p> <p>Freestyle Drills : 100 of each:</p> <ul style="list-style-type: none"> • 6-3-6 • Popov • Almost catch up <p>200 pull /paddles 900</p>	<p>500 choice</p> <p>Freestyle Drills : 100 of each:</p> <ul style="list-style-type: none"> • 6-3-6 • Popov • Almost catch up <p>200 pull /paddles 1000</p>
<p>Main Set Focus/Tips: Breaststroke: fast arms no pause in stroke – Accelerate through pull. Complete each stroke</p>	<p>Breaststroke Set</p> <ul style="list-style-type: none"> • 100 kick • 100 2 kicks/1 pull • 4 x 50 BR/S 30 sec I 85-90% 400 <p>Sprint Set</p> <ul style="list-style-type: none"> • 200 kick – 25 easy/25 hard (fins) <p>Starting to Sprint:</p> <ul style="list-style-type: none"> • 2 x 50 dive start – walk back max effort • 2 x 100 choice 85-90% 30 sec I • 4 x 50 F/S 80-85% 15 sec I • 4 x 50 Form 80-85% 15 sec I 900 1300 	<p>Breaststroke Set</p> <ul style="list-style-type: none"> • 100 kick • 100 2 kicks/1 pull • 4 x 50 BR/S on 1.30 85-90% 400 <p>Sprint Set</p> <ul style="list-style-type: none"> • 200 kick – 25 easy/25 hard <p>Starting to Sprint:</p> <ul style="list-style-type: none"> • 2 x 50 dive start – walk back max effort • 3 x 100 choice 85-90% F/S on 2.15/ Form on 2.30 • 6 x 50 F/S 80-85% on 1.15 • 6 x 50 Form 80-85% on 1.30 1200 1600 	<p>Breaststroke Set</p> <ul style="list-style-type: none"> • 100 kick • 100 2 kicks/1 pull • 4 x 50 BR/S on 1.15 85-90% 400 <p>Sprint Set</p> <ul style="list-style-type: none"> • 200 kick – 25 easy/25 hard <p>Starting to Sprint:</p> <ul style="list-style-type: none"> • 2 x 50 dive start – walk back max effort • 4 x 100 choice 85-90% F/S on 2.00/Form on 2.15 • 8 x 50 F/S 80-85% on 1.00 • 8 x 50 Form 80-85% on 1.30 1500 1900
<p>Cool Down</p>	<p>Cool down 200 2300</p>	<p>Cool down 200 2700</p>	<p>Cool down 200 3100</p>