

FOCUS: Streamline and Kick

1.5 hour

MSNSW

| Level | One | Two | Three |
|--|--|---|---|
| <p>Warm up (with fins)</p> | <ul style="list-style-type: none"> 300 Choice Whole squad: <i>Kick set focus body position –streamline off start</i> <p>No board – 4 x 25 Freestyle, 2 x 25 Back, 2 x 25 Fly, 2 x 25 BR/S</p> <ul style="list-style-type: none"> 250 swim – <i>focus on body position – Think 1 goggle in /1 goggle out</i> 800 | <ul style="list-style-type: none"> 400 Choice Whole squad: <i>Kick set focus body position –streamline off start</i> <p>No board – 4 x 25 Freestyle, 2 x 25 Back, 2 x 25 Fly, 2 x 25 BR/S</p> <ul style="list-style-type: none"> 250 swim – <i>focus on body position – Think 1 goggle in /1 goggle out</i> 900 | <ul style="list-style-type: none"> 400 Choice Whole squad: <i>Kick set focus body position –streamline off start</i> <p>No board – 4 x 25 Freestyle, 2 x 25 Back, 2 x 25 Fly, 2 x 25 BR/S</p> <ul style="list-style-type: none"> 250 swim – <i>focus on body position – Think 1 goggle in /1 goggle out</i> 1000 |
| <p>Main Set</p> <p>Focus/Tips:</p> <p>Focus on streamlining off wall and body position in stroke</p> <p>Use board for kick</p> | <p>Threshold Swimming and Kick</p> <ul style="list-style-type: none"> 2 x 100 Freestyle / 100 kick <i>85% mod effort</i> <i>Kick follows straight on</i> 1 min I 100 easy 200 paddles/pull 500 4 x 50 form/50 kick <i>85% mod effort</i> <i>Kick follows straight on</i> On 30 sec I 200 paddles/pull 600 | <p>Threshold Swimming and Kick</p> <ul style="list-style-type: none"> 3 x 100 Freestyle / 100 kick <i>85% mod effort</i> <i>Kick follows straight on</i> On 4.30 mins or 20 sec I 100 easy 200 paddles/pull 900 6 x 50 form/50 kick <i>85% mod effort</i> <i>Kick follows straight on</i> On 3.00 or 20 sec I 200 paddles/pull 800 | <p>Threshold Swimming and Kick</p> <ul style="list-style-type: none"> 4 x 100 Freestyle / 100 kick <i>85% mod effort</i> <i>Kick follows straight on</i> On 4.00 mins or 20 sec I 100 easy 200 paddles/pull 1100 8 x 50 form/50 kick <i>85% mod effort</i> <i>Kick follows straight on</i> On 2.30 or 20 sec I 200 paddles/pull 1000 |
| <p>Cool Down</p> | <p>200 choice 2100</p> | <p>200 choice 2800</p> | <p>200 choice 3200</p> |