

FOCUS: Streamline and building fitness

1 hour set

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 freestyle every 4th lap backstroke Drill Focus: streamline 8 x 25 torpedo kick – fins opt, no board, streamline 4 x 25 F/S Sprint – focus streamline off start 100 easy 700</p>	<p>400 freestyle every 4th lap backstroke Drill Focus: streamline 8 x 25 torpedo kick –no board, streamline 4 x 25 F/S Sprint – focus streamline off start 100 easy 800</p>	<p>500 freestyle every 4th lap backstroke Drill Focus: streamline 8 x 25 torpedo kick –no board, streamline 4 x 25 F/S Sprint – focus streamline off start 100 easy 900</p>
<p>Main Set Focus/Tips: Streamline off walls Threshold swimming: Maintain same pace / Short rest</p>	<p>Threshold Pyramid Set <i>strong swimming good effort</i> 1. 50 100 200 100 50 15 sec R 2. 50 100 100 50 IM SET <i>Moderate effort</i> 1 x 200 IM drill 2 x 100 IM 30 sec R 1200</p>	<p>Threshold Pyramid Set <i>strong swimming good effort</i> 50 (on 60) 100 (on 2.00) 200 (on 4.00) 100 50 Repeat Pyramid IM SET <i>Moderate effort</i> 1 x 200 IM drill 4 x 100 IM on 2.30 1400</p>	<p>Threshold Pyramid Set <i>strong swimming good effort</i> 50 (on 50/55) 100 (on 1.35/1.45) 200 (on 3.15/3.30) 100 50 Repeat Pyramid IM SET <i>Moderate effort</i> 1 x 200 IM drill 1 x 200 IM on 3.45/4.00 2 x 100 IM on 2.00 1600</p>
<p>Cool Down</p>	<p>Cool down 200 2100</p>	<p>Cool down 200 2400</p>	<p>Cool down 200 2700</p>