

FOCUS: Freestyle Building fitness /catch/streamline Descending interval Set**1.5 hour****MSNSW**

Level	One	Two	Three
<p>Warm up (with fins)</p> <p>Focus on body position</p>	<p>300 choice</p> <p>F/S drills</p> <ul style="list-style-type: none"> • 100 closed fist/rub/swim • 100 almost catch up • 100 6-3- 6 • 8 x 25 streamline freestyle kick –fins, no board • 4 x 25 streamline swim 800 	<p>400 choice</p> <p>F/S drills</p> <ul style="list-style-type: none"> • 100 closed fist/rub/swim • 100 almost catch up • 100 6-3- 6 • 8 x 25 streamline freestyle kick –no fins, no board • 4 x 25 streamline swim 900 	<p>500 choice</p> <p>F/S drills</p> <ul style="list-style-type: none"> • 100 closed fist/rub/swim • 100 almost catch up • 100 6-3- 6 • 4 x 25 streamline freestyle kick – no fins, no board • 4 x 25 streamline swim 1000
<p>Main Set</p> <p>Focus/Tips:</p> <p>Maintain pace</p>	<ul style="list-style-type: none"> • Freestyle Descending interval. 3 x 100 on 2.30 or 40 sec R 3 x 100 on 2.15 or 20 sec R 100 easy • 100 Fly Kick As 25 front, side, back, side • 8 x 50 choice 15 sec rest 1200 	<ul style="list-style-type: none"> • Freestyle Descending interval. 3 x 100 on 2.00 3 x 100 on 1.55 3 x 100 on 1.50 100 easy • 200 Fly Kick As 25 front, side, back, side • 4 x 100 IM on 2.30 • 4 x 50 choice on 1.20 1700 	<ul style="list-style-type: none"> • Freestyle Descending interval. 3 x 100 on 1.40/1.45 3 x 100 on 1.35/1.40 3 x 100 on 1.30/1.35 100 easy • 200 Fly Kick As 25 front, side, back, side – repeat • 4 x 100 IM on 2.00/2.10/2.15 • 8 x 50 choice on 1.10 2000
Cool Down	Cool down 200 2200	Cool down 200 2800	Cool down 200 3200