

**FOCUS: Freestyle Building fitness /catch/streamline Descending interval Set 1 hour**

**MSNSW**

Level	One	Two	Three
<p><b>Warm up</b> (with fins)  Body position</p>	<p>300 choice</p> <p><b>F/S drills</b></p> <ul style="list-style-type: none"> <li>• 100 swim closed fist/rub hands on rough surface at pool end/swim</li> <li>• 100 almost catch up</li> <li>• 100 6-3- 6</li> <li>• 8 x 25 streamline freestyle kick –fins, no board</li> <li>• 4 x 25 streamline swim 800</li> </ul>	<p>400 choice</p> <p><b>F/S drills</b></p> <ul style="list-style-type: none"> <li>• 100 swim closed fist/rub hands on rough surface at pool end/swim</li> <li>• 100 almost catch up</li> <li>• 100 6-3- 6</li> <li>• 8 x 25 streamline freestyle kick –no fins, no board</li> <li>• 4 x 25 streamline swim 800</li> </ul>	<p>500 choice</p> <p><b>F/S drills</b></p> <ul style="list-style-type: none"> <li>• 100 swim closed fist/rub hands on rough surface at pool end/swim</li> <li>• 100 almost catch up</li> <li>• 100 6-3- 6</li> <li>• 4 x 25 streamline freestyle kick – no fins, no board</li> <li>• 4 x 25 streamline swim 800</li> </ul>
<p><b>Main Set</b>  <b>Focus/Tips:</b>  Maintain pace</p>	<ul style="list-style-type: none"> <li>• <b>Freestyle Descending interval.</b> 3 x 100 on 2.30 or 40 sec R 3 x 100 on 2.15 or 20 sec R</li> </ul> <p>100 easy</p> <ul style="list-style-type: none"> <li>• <b>100 Fly Kick</b> As 25 front, side, back, side</li> <li>• <b>4 x 50 choice</b> 15 sec rest 1000</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Freestyle Descending interval.</b> 3 x 100 on 2.00 3 x 100 on 1.55 3 x 100 on 1.50</li> </ul> <p>100 easy</p> <ul style="list-style-type: none"> <li>• <b>100 Fly Kick</b> As 25 front, side, back, side</li> <li>• <b>4 x 50 choice</b> on 1.20 1300</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Freestyle Descending interval.</b> 3 x 100 on 1.40/1.45 3 x 100 on 1.35/1.40 3 x 100 on 1.30/1.35</li> </ul> <p>100 easy</p> <ul style="list-style-type: none"> <li>• <b>200 Fly Kick</b> As 25 front, side, back, side – repeat</li> <li>• <b>8 x 50 choice</b> on 1.10 1600</li> </ul>
<p><b>Cool Down</b></p>	<p>Cool down 200 2000</p>	<p>Cool down 200 2300</p>	<p>Cool down 200 2600</p>