

**FOCUS: Speed Work – Hypoxic**

**1 hour**

**MSNSW**

Level	One	Two	Three
<b>Warm up</b> (with fins)	300 choice 200 drill choice 8 x 25 sprint kick 100 easy <span style="float: right;">800</span>	300 choice 200 drill choice 8 x 25 sprint kick 100 easy <span style="float: right;">800</span>	400 choice 200 drill choice 8 x 25 sprint kick 100 easy <span style="float: right;">900</span>
<b>Main Set</b>  <b>Focus/Tips:</b>  Focus on breathing while Maintaining stroke and pace	<b>MAIN SET:</b> <b>Sprints:</b> 4 x 50 Hypoxic Work as: <ul style="list-style-type: none"> <li>• 1<sup>st</sup> breathe every 3<sup>rd</sup></li> <li>• 2<sup>nd</sup> every 5<sup>th</sup></li> <li>• 3<sup>rd</sup> every 3<sup>rd</sup></li> <li>• 4<sup>th</sup> every 5<sup>th</sup></li> </ul> 100 easy 4 x 50 Sprint freestyle 4 x 50 Sprint Form choice <i>Rest Interval - 30 sec to allow for short recovery</i> 100 easy 2 x 50 dive start entry <span style="float: right;">800</span>  8 x 25 as: Stroke Choice 4 medium , 4 fast 15 sec R <span style="float: right;">200</span>	<b>MAIN SET:</b> <b>Sprints:</b> 4 x 50 Hypoxic Work as: <ul style="list-style-type: none"> <li>• 1<sup>st</sup> breathe every 3<sup>rd</sup></li> <li>• 2<sup>nd</sup> every 5<sup>th</sup></li> <li>• 3<sup>rd</sup> every 7<sup>th</sup></li> <li>• 4<sup>th</sup> every 5<sup>th</sup></li> </ul> 100 easy 4 x 50 Sprint freestyle 4 x 50 Sprint Form choice <i>Rest Interval - 30 sec to allow for short recovery</i> 100 easy 2 x 50 dive start entry <span style="float: right;">800</span>  16 x 25 as: Stroke Choice 4 medium , 4 fast 15 sec R <span style="float: right;">400</span>	<b>MAIN SET:</b> <b>Sprints:</b> 4 x 50 Hypoxic Work as: <ul style="list-style-type: none"> <li>• 1<sup>st</sup> breathe every 3<sup>rd</sup></li> <li>• 2<sup>nd</sup> every 5<sup>th</sup></li> <li>• 3<sup>rd</sup> every 7<sup>th</sup></li> <li>• 4<sup>th</sup> every 5<sup>th</sup></li> </ul> 100 easy 4 x 50 Sprint freestyle 4 x 50 Sprint Form choice <i>Rest Interval - 30 sec to allow for short recovery</i> 100 easy 4 x 50 dive start entry <span style="float: right;">1000</span>  16 x 25 as: Stroke Choice 4 medium , 4 fast 15 sec R <span style="float: right;">400</span>
<b>Cool Down</b>	200 choice <span style="float: right;">2000</span>	200 choice <span style="float: right;">2200</span>	200 choice <span style="float: right;">2500</span>