

FOCUS: Stroke Count and Pull 200 Set 1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p> <p><i>Try to find the optimal stroke rate – where speed/stroke and fitness level meet</i></p>	<p>300 choice Drill catch Focus: 100 of each:</p> <ul style="list-style-type: none"> • 6-3-6 • Almost catch up <p>Kick choice 200 Stroke Count: 8 x 50 counting strokes Heart Starters: 4 x 50 as 15m fast/35 easy 1300</p>	<p>400 choice Drill catch Focus: 100 of each:</p> <ul style="list-style-type: none"> • 6-3-6 • Almost catch up <p>Kick choice 200 Stroke Count: 8 x 50 counting strokes Heart Starters: 4 x 50 as 15m fast/35 easy 1400</p>	<p>500 choice Drill catch Focus: 100 of each:</p> <ul style="list-style-type: none"> • 6-3-6 • Almost catch up <p>Kick choice 200 Stroke Count: 8 x 50 counting strokes Heart Starters: 4 x 50 as 15m fast/35 easy 1500</p>
<p>Main Set</p> <p>Focus/Tips:</p> <p><i>Pull /Paddles can be just Swum if swimmers have Shoulder issues</i></p>	<p>MAIN SET: 200 Set – focus on catch entry and pull</p> <p>5 x 200 as 2nd 200 is increased effort</p> <ul style="list-style-type: none"> • 2 x 200 Freestyle 30 sec R • 1 x 200 pull/paddles 30 sec R • 2 x 200 choice Form Stroke 30sec R <p>200 easy 1200</p>	<p>MAIN SET: 200 Set – focus on catch entry and pull</p> <p>6 x 200 as 2nd 200 is increased effort</p> <ul style="list-style-type: none"> • 2 x 200 Freestyle 20 sec R • 2 x 200 pull/paddles 20 sec R • 2 x 200 choice Form Stroke 20 sec R <p>200 easy 1400</p>	<p>MAIN SET: 200 Set – focus on catch entry and pull</p> <p>9 x 200 desc 1-3 (easy, moderate, hard)</p> <ul style="list-style-type: none"> • 3 x 200 Freestyle on 3.15/3.20/3.30 • 3 x 200 pull/paddles 15 sec R • 3 x 200 choice Form Stroke 15 sec R <p>200 easy 2000</p>
<p>Cool Down</p>	<p>200 choice 2700</p>	<p>200 easy kick 200 choice 3200</p>	<p>200 easy kick 300 choice 4000</p>