

FOCUS: Super 50 Set – Maintaining Pace

1.5 hour

MSNSW

Level	One	Two	Three
<p>Warm up (with fins)</p>	<p>300 choice 6 x 50 as 25 drill/25 swim 4 x 50 Build 1-3 ,4th – Recovery 1000</p>	<p>400 choice 6 x 50 as 25 drill/25 swim 4 x 50 Build 1-3 ,4th – Recovery 1100</p>	<p>500 choice 6 x 50 as 25 drill/25 swim 4 x 50 Build 1-3 ,4th – Recovery 1200</p>
<p>Main Set Focus/Tips: Threshold pace – try To maintain pace Increasing effort on A few.</p>	<p>MAIN SET: Super 50 Set! 12 x 50 every 4th fast 20 sec R 6 x 50 every 2nd fast 15 sec R 2 x 50 all fast 10 sec R 100 easy 1100 Form Set: easy to mod effort 4 x 50 form choice 30 sec R 200</p>	<p>MAIN SET: Super 50 Set! 12 x 50 every 4th fast on 65 8 x 50 every 3rd fast on 70 4 x 50 every 2nd fast on 75 2 x 50 all fast on 80 100 easy 1700 Form Set: easy to mod effort 6 x 50 form choice on 1.30 300</p>	<p>MAIN SET: Super 50 Set! 1 6 x 50 every 4th fast on 55 /60 12 x 50 every 3rd fast on 60 / 65 8 x 50 every 2nd fast on 65 /70 4 x 50 all fast on 70 /75 100 easy 2100 Form Set: easy to mod effort 8 x 50 form choice on 1.15 400</p>
<p>Cool Down (relax shoulders after big freestyle set)</p>	<p>100 double arm backstroke 100 choice 2500</p>	<p>100 double arm backstroke 100 choice 3300</p>	<p>200 double arm backstroke 100 choice 4000</p>