

**FOCUS: Freestyle Threshold Test**

**Friday PM**

**MSNSW Thredbo Camp 2019**

Level	One	Two	Three
<b>Warm up</b> (with fins)	Meet people in lane, based on estimated 400, work out fastest to slowest swimmers	<b>** adjust fun stuff at end of set to finish at 6:15 PM **</b>	
Dry land stretching using Thera -bands	300 choice 300	400 choice 400	500 choice 500
<b>Main Set</b>	<p><b>400 TT</b> 700</p> <p>2 x 50 build through 50; 15 sec R 100 moderate; 60 sec rest</p> <p><b>400 metre self-timed;</b> 60 secs R – 10 secs apart 100 easy <span style="border: 1px solid black; padding: 2px;"><i>Coach records 400 time</i></span></p> <p><b>Video Swims</b></p> <p><b>200 TT</b> 500</p> <p>4 x 50 build through 50; 15 sec R 100 moderate; 60 sec rest</p> <p><b>200 metre self-timed; 60 secs rest</b> 100 easy</p> <p><b>CSS confirmation – turn on the beep</b></p> <p>2 x 200 at 400 CSS pace= 1 beep 400</p> <p><b>Fun Stuff (adjust to suit remaining time)</b></p> <p>50 metre sprints on the whistle In pairs + Fins 700</p> <p>2 x 50 FR kick 25 H/25 E; 2 x 50 FR swim sprints 2 x 50 BA kick 25 H/25 E; 2 x 50 BA swim sprints 2 x 50 BU kick on BA; 2 x 50 BR with BU kick 50 skull; 25 FR left arm = 25 FR right arm</p> <p>Single File + Fins 300 2 x 50 BU - drill allowed 2 x 50 BR kick; 2 x 50 BR swim sprint</p>	<p><b>400 TT</b> 700</p> <p>2 x 50 build through 50; 15 sec R 100 moderate; 60 sec rest</p> <p><b>400 metre self-timed;</b> 60 secs R – 10 secs apart 100 easy <span style="border: 1px solid black; padding: 2px;"><i>Coach records 400 time</i></span></p> <p><b>200 TT</b> 500</p> <p>4 x 50 build through 50; 15 sec R 100 moderate; 60 sec rest</p> <p><b>200 metre self-timed; 60 secs rest</b> 100 easy</p> <p><b>Video Swims</b></p> <p><b>CSS confirmation – turn on the beep</b></p> <p>3 x 200 at 400 CSS pace= 1 beep 600</p> <p><b>Fun Stuff (adjust to suit remaining time)</b></p> <p>50 metre sprints on the whistle In pairs + Fins 700</p> <p>2 x 50 FR kick 25 H/25 E; 2 x 50 FR swim sprints 2 x 50 BA kick 25 H/25 E; 2 x 50 BA swim sprints 2 x 50 BU kick on BA; 2 x 50 BR with BU kick 50 skull; 25 FR left arm = 25 FR right arm</p> <p>Single File no Fins 300 2 x 50 BU - drill allowed 2 x 50 BR kick; 2 x 50 BR swim sprint</p>	<p><b>400 TT</b> 700</p> <p>2 x 50 build through 50; 15 sec R 100 moderate; 60 sec rest</p> <p><b>400 metre self-timed;</b> 60 secs R – 10 secs apart 100 easy <span style="border: 1px solid black; padding: 2px;"><i>Coach records 400 time</i></span></p> <p><b>200 TT</b> 500</p> <p>4 x 50 build through 50; 15 sec R 100 moderate; 60 sec rest</p> <p><b>200 metre self-timed; 60 secs rest</b> 100 easy</p> <p><b>CSS confirmation – turn on the beep</b></p> <p>2 x 400 at 400 CSS pace= 1 beep 800</p> <p><b>Video Swims</b></p> <p><b>Fun Stuff (adjust to suit remaining time)</b></p> <p>50 metre sprints on the whistle In pairs + Fins 700</p> <p>2 x 50 FR kick 25 H/25 E; 2 x 50 FR swim sprints 2 x 50 BA kick 25 H/25 E; 2 x 50 BA swim sprints 2 x 50 BU kick on BA; 2 x 50 BR with BU kick 50 skull; 25 FR left arm = 25 FR right arm</p> <p>Single File no Fins 300 2 x 50 BU - drill allowed 2 x 50 BR kick; 2 x 50 BR swim sprint</p>
<b>Cool Down</b>	200 choice 3100	200 choice 3500	200 choice 3600
<b>Finish before 6:45 PM</b>			