

FOCUS: Freestyle Drills and Pacing

Saturday AM

MSNSW Thredbo Camp 2019

Level	One	Two	Three
<p>Warm up (with fins) Dry land stretching using Thera -bands</p>	<p>200 choice Freestyle Drills</p> <ul style="list-style-type: none"> • Body Position -2 x 25 jelly fish float – find centre of balance • Breathing – 1 x 50 focus on breathing out • Catch entry- 1 x 50 scull, 1 x 50 long dog paddle, 1 x 100 6-3-6, • Catch and Pull- 1 x100 javelin, - 1 x 100 half diamond - 1 x100 YMCA drill • Timing/Rotation - 1x 100 almost catch up - 1 x 100 unco drill • Stroke Rate - TT 4 x 25 1100 	<p>300 choice Freestyle Drills</p> <ul style="list-style-type: none"> • Body Position -2 x 25 jelly fish float – find centre of balance • Breathing – 1 x 50 focus on breathing out • Catch entry- 1 x 50 scull, 1 x 50 long dog paddle, 1 x 100 6-3-6, • Catch and Pull- 1 x100 javelin, - 1 x 100 half diamond - 1 x100 YMCA drill • Timing/Rotation - 1x 100 almost catch up - 1 x 100 unco drill • Stroke Rate - TT 4 x 25 1200 	<p>400 choice Freestyle Drills</p> <ul style="list-style-type: none"> • Body Position -2 x 25 jelly fish float – find centre of balance • Breathing – 1 x 50 focus on breathing out • Catch entry- 1 x 50 scull, 1 x 50 long dog paddle, 1 x 100 6-3-6, • Catch and Pull- 1 x100 javelin, - 1 x 100 half diamond - 1 x100 YMCA drill • Timing/Rotation - 1x 100 almost catch up - 1 x 100 unco drill • Stroke Rate - TT 4 x 25 1300
<p>Main Set Focus/Tips: Pacing using Tempo Trainer maintaining same pace Swimmers work out CSS Pace. Use pace chart to work out 25 m pace for TT If they have TT use Mode 1 to set pace. If no TT swim as usual on interval or follow 10 sec I</p>	<p>MAIN SET: 4 x 50 build through 50 200 15 sec R CSS Pace Set Goldilocks Set Set TT + 1 (above CSS pace 25 m Mode 1) <i>Stay with the beep -1 beep recovery interval</i> 2 x 100 1 x 200 (baby bear) 2 x 100 1 x 300 (mummy bear) 2 x 100 1 x 400 (papa bear) 1400 Freestyle Turn Work</p>	<p>MAIN SET: 4 x 50 build through 50 200 15 sec R CSS Pace Set Goldilocks Set Set TT + 1 (above CSS pace 25 m Mode 1) <i>Stay with the beep- 1 beep recovery interval</i> 3 x 100 1 x 200 (baby bear) 3 x 100 1 x 300 (mummy bear) 3 x 100 1 x 400 (papa bear) 1800 Freestyle Turn Work</p>	<p>MAIN SET: 4 x 50 build through 50 200 15 sec R CSS Pace Set Goldilocks Set Set TT + 1 (above CSS pace 25 m Mode 1) <i>Stay with the beep 1 beep recovery interval</i> 4 x 100 1 x 200 (baby bear) 4 x 100 1 x 300 (mummy bear) 4 x 100 1 x 400 (papa bear) 2100 Freestyle Turn Work</p>
<p>Cool Down</p>	<p>200 choice 2900</p>	<p>200 choice 3400</p>	<p>200 choice 3700</p>

