

Level	One	Two	Three
Warm up (with fins) Dry land stretching using Thera -bands	300 choice 300	400 choice 400	500 choice 500
Main Set Focus/Tips:	<p>Kick and Drills with fins 500 100 BA Kick; 100 BU kick on back 100 BA, pause 1 sec on hand entry, catch down to improve rotation 100 BA 6-3-6 – focus on push past hip and rotation 100 BA 3 x strokes normal, 3 strokes fast</p> <p>Build / Combination Fins off 500 4 x 50 BA turns starting in middle of pool 2 x 50 BA focus on underwater kick and breakout 2 x 50 BA as 25 sprint / 25 moderate 2 x 50 BA as 25 moderate / 25 sprint</p> <p>Main 12 x 50 as 3 x 4 (desc 1-3 FR, 4 is BA) 900 100 easy choice 2 x 50 CH all out sprints R:30 100 easy choice</p> <p>1 x { Continuous – 400 100 FR moderate, 50 BA, 50 FR moderate R:20 50 FR sprint R:20 50 BA sprint R:20 100 easy choice R:20</p> <p>Fun Stuff (adjust to suit remaining time)</p>	<p>Kick and Drills with fins 500 100 BA Kick; 100 BU kick on back 100 BA, pause 1 sec on hand entry, catch down to improve rotation 100 BA 6-3-6 – focus on push past hip and rotation 100 BA 3 x strokes normal, 3 strokes fast</p> <p>Build / Combination Fins off 500 4 x 50 BA turns starting in middle of pool 2 x 50 BA focus on underwater kick and breakout 2 x 50 BA as 25 sprint / 25 moderate 2 x 50 BA as 25 moderate / 25 sprint</p> <p>Main 12 x 50 as 3 x 4 (desc 1-3 FR, 4 is BA) 900 100 easy choice 2 x 50 CH all out sprints R:30 100 easy choice</p> <p>2 x { Continuous – 800 100 FR moderate, 50 BA, 50 FR moderate R:20 50 FR sprint R:20 50 BA sprint R:20 100 easy choice R:20</p> <p>Fun Stuff (adjust to suit remaining time)</p>	<p>Kick and Drills with fins 500 100 BA Kick; 100 BU kick on back 100 BA, pause 1 sec on hand entry, catch down to improve rotation 100 BA 6-3-6 – focus on push past hip and rotation 100 BA 3 x strokes normal, 3 strokes fast</p> <p>Build / Combination Fins off 500 4 x 50 BA turns starting in middle of pool 2 x 50 BA focus on underwater kick and breakout 2 x 50 BA as 25 sprint / 25 moderate 2 x 50 BA as 25 moderate / 25 sprint</p> <p>Main 12 x 50 as 3 x 4 (desc 1-3 FR, 4 is BA) 900 100 easy choice 2 x 50 CH all out sprints R:30 100 easy choice</p> <p>3 x { Continuous – 1200 100 FR moderate, 50 BA, 50 FR moderate R:20 50 FR sprint R:20 50 BA sprint R:20 100 easy choice R:20</p> <p>Fun Stuff (adjust to suit remaining time)</p>
Cool Down Finish before 6:15 PM	200 choice 2800	200 choice 3200	200 choice 3600

