

FOCUS: Recovery and Fun Monday AM

MSNSW Thredbo Camp 2019

Level	One	Two	Three
<p>Warm up (with fins) Dry land stretching with Thera-bands</p>	<p>Viewing of filming from Sunday night will be done as people stretch. They can watch their footage and then stretch or visa versa. 300 choice 300</p>	<p>Viewing of filming from Sunday night will be done as people stretch. They can watch their footage and then stretch or visa versa. 400 choice 400</p>	<p>Viewing of filming from Sunday night will be done as people stretch. They can watch their footage and then stretch or visa versa. 400 choice 400</p>
<p>Main Set Focus/Tips: Fins option for tired swimmers TT = tempo trainer</p>	<p>MAIN SET: Recovery and Drills: 200 Freestyle drills = choice 200 paddles /swim toys 200 drill choice Back 200 drill choice Breaststroke 200 drill choice Fly 1000 Kick Set: Whole squad 4 x 50 25 hard, 25 easy choice stroke 200 Stroke Rate Work with TT 8 x 50 400 Choice stroke Last Activity: Last Man Standing Challenge 50 Sprints Swimmers in 3 heats – 2/lane 6 in each heat First swim – swimmers swim at 90% Time is recorded Following 50's, swimmers have to beat the 1st Time. If slower, they are knocked out. All swimmers remain in challenge though until @ 6 swimmers remain. Then it is a knock-out Until 1 remains @300</p>	<p>MAIN SET: Recovery and Drills: 300 Freestyle drills = choice 200 paddles /swim toys 200 drill choice Back 200 drill choice Breaststroke 200 drill choice Fly 1100 Kick Set: Whole squad 4 x 50 25 hard, 25 easy choice stroke 200 Stroke Rate Work with TT 8 x 50 400 Choice stroke Last Activity: Last Man Standing Challenge 50 Sprints Swimmers in 3 heats – 2/lane 6 in each heat First swim – swimmers swim at 90% Time is recorded Following 50's, swimmers have to beat the 1st Time. If slower, they are knocked out. All swimmers remain in challenge though until @ 6 swimmers remain. Then it is a knock-out Until 1 remains @300</p>	<p>MAIN SET: Recovery and Drills: 400 Freestyle drills = choice 200 paddles /swim toys 200 drill choice Back 200 drill choice Breaststroke 200 drill choice Fly 1200 Kick Set: Whole squad 4 x 50 25 hard, 25 easy choice stroke 200 Stroke Rate Work with TT 8 x 50 400 Choice stroke Last Activity: Last Man Standing Challenge 50 Sprints Swimmers in 3 heats – 2/lane 6 in each heat First swim – swimmers swim at 90% Time is recorded Following 50's, swimmers have to beat the 1st Time. If slower, they are knocked out. All swimmers remain in challenge though until @ 6 swimmers remain. Then it is a knock-out Until 1 remains @300</p>
<p>Cool Down</p>	<p>200 choice 2400</p>	<p>200 choice @2600</p>	<p>200 choice @2700</p>