

**Date: Sunday 23<sup>rd</sup> July 2023. Notices: Sunday 30<sup>th</sup> & Tues 1<sup>st</sup> Aug Club HAG – Entries ASAP. Training. Videos of last week's dives – see yourself – Check out on the notebook. Emphasis:** Race Prep for HAG – plan your own race! Get the dives and turns right for the stroke. **Caution:** Take the rest periods – you will need them. **Equipment: Fins/KB/FP/TTs. Note:-** may use Lane 3 for Turns after Main set 2.

Level	Level 1	Level 2	Level 3 / L3Distance
<b>W/ up</b>	5-10 Mins = 100 SKiPS FS, 50 Kick FS, 100 Swim OC, 50 Kick OC plus OC swim till the whistle goes 🏊🏊. Target L1 = 250, L2 = 300, L3/L3D = 400		
<b>Main 1</b> All lanes	25M FS sprints- Lane 3 /Lane 4 every 40 secs x 8, Lane 5 – every 50 secs x 6, Lane 6 every 60 secs = 4 100 OC easy recovery. [200/150/100]		
<b>Main set 2</b>	Starts at Deep end – 10 mins 4 x dives (FS/BS), 2 x BK	4 x 50 OC - Work the turns. (1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90%, 60 sec walk recovery 3 <sup>rd</sup> = 85%, 4 <sup>th</sup> = 95%) RI 40-60 [200]	6 x 50 OC (1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 85%, 4 <sup>th</sup> = 80%, 5 <sup>th</sup> = 90% 6 <sup>th</sup> = 90%) or 3 x 100 (1 <sup>st</sup> = 75 -80%, 2 <sup>nd</sup> = 80-85%, 3 <sup>rd</sup> = 85-95%. Work the turns. RI 40 – 60 + 60 sec walk recovery at the end [300]
<b>Main set 3</b>	Use lane 5 4 x 50 OC (1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90%, 60 secs walk recovery 3 <sup>rd</sup> = 85%, 4 <sup>th</sup> = 95%) RI 40-60 60 secs walk recovery [200]	Starts at Deep end – 10 mins – Use Lane 6 4 x dives (FS/BS), 2 x BK	4 x 100 “A” RI 30-40 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 80%, 4 <sup>th</sup> = 90% 100 OC easy recovery/ or walk 90 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 90 secs [700]
<b>Main set 4</b>	Use Lane 5 for swim. Lane 4 for turns 2 x 100 “A” 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 60 secs [500]	Use lane 5 to swim ot Lane 3/ 4 for turns 3 x 100 “A” RI 30-40 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 60 secs [600]	Starts at Deep end – 10 mins Use lane 6 4 x dives (FS/BS), 2 x BK + sprints 2 x 100 FS - even pace RI 20-30  <b>Lane 3 &amp; 4 available for turns – both ends .</b> [200]
<b>Relays</b>	Relays – swim to a time + age group 1 lap dashes + Coaches handicap races		
<b>C/Down</b>	100 OC		
<b>Total</b>	1250+ Relays + turns etc	1350+ Relays + turns etc	1700+ Relays + turns etc

<b>Level 1</b>	<b>Training Emphasis:</b> Race Prep for HAG.
<b>Warm up 250</b>	5-10 Mins 🖐🖐 100 SKiPS FS, 50 Kick FS, 100 Swim OC, 50 Kick OC - Target = min 250M.
<b>Main set 1 [200]</b>	4 x 25M FS sprints- every 60 secs 100 OC easy recovery.
<b>Skill 1</b>	Starts at Deep end – 10 mins  4 x dives (FS/BS), 2 x BK
<b>Main 2 [200]</b>	Use lane 5  4 x 50 OC RI 40-60 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90%, 60 secs walk recovery, 3 <sup>rd</sup> = 85%, 4 <sup>th</sup> = 95)
<b>Main 3 [500]</b>	Stay in Lane 5 to swim. Turns practice go to Lane 3  2 x 100 “A” 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90% 100 OC easy recovery/ or walk 60 secs  2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 60 secs
<b>Skill 2</b>	Relays plus age group 1 lane dashes + Coaches handicap races
<b>Cool Down</b>	100 OC
<b>Total</b>	1250+ Relays etc.

<b>Level 2</b>	<b>Training Emphasis:</b> Race Prep for HAG.
<b>Warm up</b> <b>300</b>	5-10 Mins 🖐🖐 100 SKiPS FS, 50 Kick FS, 100 Swim OC, 50 Kick OC - Target = 300M. Swim till the whistle goes.
<b>Main set 1</b> [250]	6 x 25M FS sprints- every 50 secs 100 OC easy recovery.
<b>Main 2</b> [200]	4 x 50 OC - Work the turns. RI 40-60 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90%, 60 secs walk recovery, 3 <sup>rd</sup> = 85%, 4 <sup>th</sup> = 95%
<b>Skill 1</b>	Starts at Deep end – 10 mins – Use Lane 6
<b>Main 3</b> [600]	Use lane 4 – Note Turns Practice in Lane 3  3 x 100 “A” RI 30-40 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 90%  100 OC easy recovery/ or walk 60 secs  2 x 50 “B” both 90%- 95% RI 30  100 OC easy recovery/ or walk 60 secs
<b>Skill 2</b>	Relays + Age group dashes + Coaches handicap races Relays
<b>Cool Down</b>	100 OC
<b>Total</b>	1450+ +Relays etc.

<b>Level 3/3D</b>	<b>Training Emphasis:</b> Race Prep for HAG.
<b>Warm up 400</b>	5-10 Mins 🙋🙋 100 SKiPS FS, 50 Kick FS, 100 Swim OC, 50 Kick OC + OC swim- Target = 400M. Swim till the whistle goes.
<b>Main 1 [300]</b>	6 x 50 OC - Work the turns. RI 40 – 60 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 85%, 4 <sup>th</sup> = 80%, Rest 60 secs 5 <sup>th</sup> = 90% 6 <sup>th</sup> = 90%+ Or 3 x 100 RI 40 – 60 1 <sup>st</sup> = 75 -80%, 2 <sup>nd</sup> = 80-85%, 3 <sup>rd</sup> = 85-95%. Work the turns. 60 sec walk recovery at the end
<b>Main 2 [700]</b>	4 x 100 “A” RI 30-40 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 80%, 4 <sup>th</sup> = 90%  100 OC easy recovery/ or walk 60 secs  2 x 50 “B” both 90%- 95% RI 30-40  100 OC easy recovery/ or walk 60 secs
<b>Skill 1 200 + dashes</b>	Starts at Deep end – 10 mins Use Lane 6 1 lap sprints after dive. Lane 6 swim 2 x 100 FS - even pace RI 20-30 Turns practice go to lanes 3/4
<b>Skill 2</b>	Relays + Age group dashes + Coaches handicap races
<b>Cool Down</b>	100 OC
<b>Total</b>	1700+