







Date: Friday 11th Aug 2023. Notices: September event Tuggers sat 16th September and Oct NSW SC @ Woy Woy.



New equipment order is in -Finger Paddles and Tempo trainers. Training Emphasis: - Moving to Cycle #5, week 1 = back to FS. Weekly theme = Stroke coordination (timing) and finding the best leverage (power pull/push) point for you. **Caution:** Reminder of body rotation to help free up the shoulders. **Equipment:** Fins, PBs, Finger paddles and Tempo trainers

W/up	L1 & L2 = 200 mix/FS/BK ↑Swim ↓Kick. L3/DT = 300 mix/FS/BK ↑Swim ↓Kick. 🏊🏊	
Drill/Skill items 🏊🏊	FS drills - Put Finger paddles on – do NOT tighten. 2 x 25 - Drill A – Dog Paddle – Hand drop with high elbow – Identify the catch/leverage point. Use snorkel or hold breath. Look at hand/elbow. 2 x 25 Drill B – FS Finning – push phase 4 x 25 Drill #15 Pendulum - with and out pause @ mid-point – get the stroke co-ord/timing and breathing aspect nailed. 2 x 25 Drill C – FS best catch position for you – EVF Vs Deep catch. 2 x 50 /100 FS - Slow swim – experiment what works best for you. Pull/Push/timing changeover/Breathing. (350)	
Main set 🚫🏊🏊	L1 = 600 A. 2 x 100 RI 30. 1x OC (not FS), 1 x FS. (200) B. 4 x 50 FS - 85-90% effort sprint. RI 30 Stroke tech! (200) C. 4 x 50 OC (75-80%) RI 30 (200)	L3= 900 A. 1 x 200 OC (not FS). 3 x 100 x FS @ TT SR RI 20. (500) B. 200 FS building to 85% effort (200) C. 2 x 50 OC Streamlined and work turns. RI 30 (100)
	L2= 700 A. 1 x 100 OC, 2 x 100 FS RI 20. (300) B. 4 x 50 FS (80-90% effort) RI 20-30. Stroke tech! (200) C. 4 x 50 OC (75-80%) RI 30 (200)	L3D/Tri = 1200 A. 3 x 200 FS – @ SR TT. RI 30-40 (600) B. 400 FS (1 st 200 even pace on TT , 2 nd 200 get ahead of the beep. Work the turns (400) C. 4 x 50 (2x FS, 2 x not FS) sprint last 15M RI 30 (200)
	Coaches Fun time – 1 lap mixed up stroking. 4 x 25 = BK arms/BS legs, WSSS FS, FS arms/fly legs, BS arms /FS legs.	
C/Down	100 = sidestroke, BK fining, easy body dolphins, walking.	
Total	L1 = 1350, L2 =1450. L3 = 1750. L3D/T = 2050	

Level 1	Weekly Training Emphasis: Stroke coordination and finding the leverage (power) initiation point.
Warm up	200 mix of FS/BK ↑Swim ↓Kick
Drills/Skills  (350)	<p>Need FPs on.</p> <p>2 x 25 - Drill A – Dog Paddle (under water only!) – Pull phase of the FS stroke. Use EVF Identify the catch/leverage point. Use snorkel or hold breath. Look at hand/elbow – what are they doing?</p> <p>2 x 25 Drill B – FS Fining – just the push phase of the underwater FS stroke.</p> <p>4 x 25 RI 10-15</p> <p>Drill #15 Pendulum - with and without pause @ mid-point.</p> <p>2 x 50 FS – slow swim experiment what works best for you. Pull/Push/timing changeover/Breathing.</p>
Main Set  600	<p>2 x 100 RI 30.</p> <p>1 x OC (not FS) and 1 x FS.</p> <p>4 x 50 FS 85-90 %effort sprints (technique!)RI 30.</p> <p>4 x 50 OC (75-80%) – pick up the pace last 15M. RI 30</p>
	Coaches Fun time
Cool Down	100 = sidestroke, BK fining, easy body dolphins, walking.
Total	1350

Level 2	Weekly Training Emphasis: Stroke coordination and finding the leverage (power) initiation point.
Warm up	200 mix of FS/BK ↑Swim ↓Kick
Drills/Skills  350	<p>Need FPs on.</p> <p>2 x 25 - Drill A – Dog Paddle (under water only!) – Pull phase of the FS stroke. Use EVF Identify the catch/leverage point. Use snorkel or hold breath. Look at hand/elbow – what are they doing?</p> <p>2 x 25 Drill B – FS Fining – just the push phase of the underwater FS stroke.</p> <p>4 x 25 RI 10-15</p> <p>Drill #15 Pendulum - with and without pause @ mid-point.</p> <p>2 x 50 FS – slow swim experiment what works best for you. Pull/Push/timing changeover/Breathing</p>
Main Set  700	<p>A. 1 x 100 OC. 2 x 100 x FS RI 20.</p> <p>B. 4 x 50 FS (80-90% effort) RI 30. Stroke Tech!</p> <p>C. 4 x 50 OC (75-80%) vary the pacing last 15M. RI 30</p>
	Coaches Fun time
Cool Down	100 = sidestroke, BK fining, easy body dolphins, walking.
Total	1450

Level 3	Weekly Training Emphasis: Stroke coordination and finding the leverage (power) initiation point.
Warm up	300 mix of FS/BK ↑Swim ↓Kick
Drills/Skills  350	<p>Need FPs on.</p> <p>2 x 25 - Drill A – Dog Paddle (under water only!) – Pull phase of the FS stroke. Use EVF Identify the catch/leverage point. Use snorkel or hold breath. Look at hand/elbow – what are they doing?</p> <p>2 x 25 Drill B – FS Fining – just the push phase of the underwater FS stroke.</p> <p>4 x 25 RI 10-15</p> <p>Drill #15 Pendulum - with and without pause @ mid-point.</p> <p>2 x 50 FS – slow swim experiment what works best for you. Pull/Push/timing changeover/Breathing.</p>
Main Set  900	<p>1 x 200 OC (not FS).</p> <p>3 x 100 x FS @ ST use TT. RI 20.</p> <p>200 FS building pace to 85% effort</p> <p>2 x 50 OC (80- 90%) Vary the pace. RI 30</p>
	Coaches Fun time
Cool Down	100 = sidestroke, BK fining, easy body dolphins, walking.
Total	1750+

Level 3 Distance/ Triathlon	Weekly Training Emphasis: Stroke coordination and finding the leverage (power) initiation point.
Warm up	300 mix of FS/BK ↑Swim ↓Kick
Drills/Skills  350	<p>Need FPs on.</p> <p>2 x 25 - Drill A – Dog Paddle (under water only!) – Pull phase of the FS stroke. Use EVF Identify the catch/leverage point. Use snorkel or hold breath. Look at hand/elbow – what are they doing?</p> <p>2 x 25 Drill B – FS Fining – just the push phase of the underwater FS stroke.</p> <p>4 x 25 RI 10-15</p> <p>Drill #15 Pendulum - with and without pause @ mid-point.</p> <p>100 FS – slow swim experiment what works best for you. Pull/Push/timing changeover/Breathing.</p>
Main Set  1200	<p>3 x 200 FS –use TT @ SR, then + 1 each 200. RI 30-40</p> <p>400 FS (1st 200 @ SR, 2nd 200 = beat the beep).</p> <p>4 x 50 (2x FS 2 x not FS) – Sprint the last 15M. RI 30</p>
	Coaches Fun time
Cool Down	100 = sidestroke, BK fining, easy body dolphins, walking.
Total	2050