






**Date:** 18<sup>th</sup> Aug 2023. **Notices:** Tuggers event sat 16<sup>th</sup> Sept, Club HAG Sun 17<sup>th</sup> Sept, NSW SC champs Woy Woy Oct. **Nationals May 3-6<sup>th</sup> 2024 Darwin (Target event in warmer place?).** **Training Emphasis:** Cycle # 5 Wk #2 Quality work = Reduced volume, increase in sprint sets/Race pace (80-95%). Weekly Theme = BK Stroke timing, and where does the power come from in the stroke. **Caution:** Shoulders, lower back and lane situational awareness.

**Equipment:** Fins, Finger Paddles, pull buoy.

<b>Warm up</b>	5 mins OC ↑FS kick ↓OC swim all lanes. 
<b>Drill/Skill items</b> 	4 x 25 RI 10-15 <b>Put FPs on and use PB between legs</b> -still remember to kick. Reminders Body rotation etc.  Drill # 9 – arms – underwater - up and over (side S shape)– feel the leverage /catch position pull portion and push out. Drill # 21 – Roll pull, Roll push- Blending and coordinating stroke actions. (200)
<b>Main set</b> 	L1 = 4 x 50 “A” stroke (↑M↓F) RI 30, 2 x 50 BK #SPL count RI 30 2 x 100 FS Building 75-90% RI 30, 2 x 100 OC 75-85% RI 30 (700),  L2 = 4 x 50 “A” stroke (↑M↓F) RI 20, 2 x 50 BK # SPL count RI 20, 3 x 100 FS Building 75-90% RI 30, 3 x 100 OC 75-85% RI 30 (900)  L3= 8 x 50 “A” stroke (↑M↓F) RI 20, 4 x 50 BK #SPL count RI 20, 4 x 100 FS Building 75-90% RI 30, 2 x 100 OC 75-85% RI 30 (1200)  L3D/T= 400 FS @ SR use TT, 2x 200 FS Building 75-90% RI 60, 2 x 100 FS sprint last lap RI 30, 2 x 50 FS ↑E↓F RI 15, 2 x 50 BK count #SPL, 4 x 25 FS every 45 secs. (1300)
<b>Coaches Fun time</b>	One lappers <ol style="list-style-type: none"> <li>1. WSSS FS</li> <li>2. BK double arm with BS legs</li> <li>3. 8/8 (8 strokes FS rollover to 8 strokes BK etc),</li> <li>4. kick to mid pool then = 2/2, 3/3, 4/4 (2 strokes FS flip on to BK do 2 strokes flip to front to do 3 strokes FS etc). go till the whistle blows.</li> </ol>
<b>C/Down</b>	100 - BK fining, FS Slide and glides, walking etc
<b>Total</b>	L1= 1100+ 5 min, L2 = 1300 + 5 mins, 1600 + 5 mins, L3D/T = 1700 + 5 mins

<b>Level 1</b>	<b>Training Emphasis:</b> Cycle # 5 Wk #2 = Quality work ie. Reduced volume, increase in sprint sets/Race pace <b>Weekly Theme</b> = BK stroke Coordination and Leverage (Stroke timing, and where does the power come from in the stroke)
<b>Warm up</b>	5 min ↑FS kick ↓OC swim. 🏊🏊
<b>Drills/Skills</b> 🏊🏊 200	4 x 25 RI 10-15 <b>Put FPs on and use PB between legs -still remember to kick.</b>  Drill # 9 – arms – underwater - up and over – feel the leverage position.  Drill # 21 – Roll pull, Roll push- Blending and coordinating stroke actions.
<b>Main Set</b> 🚫🏊 700	4 x 50 “A” stroke (↑M↓F) RI 30,  2 x 50 BK Count # SPL- RI 30  2 x 100 FS Building 75-90% RI 30,  2 x 100 OC 75-85% RI 30
	Coaches fun time! One lappers?
<b>Cool Down</b>	100 - BK fining, FS Slide and glides, walking etc
<b>Total</b>	1100 + 5 mins

<b>Level 2</b>	<b>Training Emphasis:</b> Cycle # 5 Wk #2 = Quality work ie Reduced volume, increase in sprint sets/Race pace <b>Weekly Theme</b> = BK stroke Coordination and Leverage (Stroke timing, and where does the power come from in the stroke).
<b>Warm up</b>	5 mins ↑FS kick ↓OC swim. 🦶🦶
<b>Drills/Skills</b> 🦶🦶200	4 x 25 RI 10-15 <b>Put FPs on and use PB between legs -still remember to kick.</b>  Drill # 9 – arms – underwater - up and over – feel the leverage position.  Drill # 21 – Roll pull, Roll push- Blending and coordinating stroke actions.
<b>Main Set</b>  900	4 x 50 “A” stroke (↑M↓F) RI 20,  2 x 50 BK Count #SPL RI 20  3 x 100 FS Building 75-90% RI 30,  3 x 100 OC 75-85% RI 30
	Coaches fun time one lappers!!!
<b>Cool Down</b>	100 - BK fining, FS Slide and glides, walking etc
<b>Total</b>	1300 + 5 mins

<b>Level 3</b>	<b>Training Emphasis:</b> Cycle # 5 Wk #2 = Quality work =ie Reduced volume, increase in sprint sets/Race pace <b>Weekly Theme</b> = BK stroke Coordination and Leverage (Stroke timing, and where does the power come from in the stroke).
<b>Warm up</b>	5 mins ↑FS kick ↓OC swim 🦶🦶
<b>Drills/Skills</b> 🦶🦶200	4 x 25 RI 10-15 <b>Put FPs on and use PB between legs -still remember to kick.</b>  Drill # 9 – arms – underwater - up and over – feel the leverage position.  Drill # 21 – Roll pull, Roll push- Blending and coordinating stroke actions.
<b>Main Set</b>  1200	8 x 50 “A” stroke (↑M↓F) RI 20,  4 x 50 BK count #SPL RI 20,  4 x 100 FS Building 75-90% RI 30,  2 x 100 OC 75-85% RI 30
	Coaches Fun time one lappers!!
<b>Cool Down</b>	100 - BK fining, FS Slide and glides, walking etc
<b>Total</b>	1600 + 5 mins

<b>Level 3 Distance/ Triathlon</b>	<b>Training Emphasis:</b> Cycle # 5 Wk #2 = Quality work ie. Reduced volume, increase in sprint sets/Race pace <b>Weekly Theme</b> = BK stroke Coordination and Leverage (Stroke timing, and where does the power come from in the stroke).
<b>Warm up</b>	5 mins ↑FS kick ↓OC swim 🏊🏊
<b>Drills/Skills</b> 🏊🏊200	4 x 25 RI 10-15 <b>Put FPs on and use PB between legs -still remember to kick.</b>  Drill # 9 – arms – underwater - up and over – feel the leverage position.  Drill # 21 – Roll pull, Roll push- Blending and coordinating stroke actions.
<b>Main Set</b>  <b>1300</b>	400 FS @ SR use TT,  2x 200 FS Building 75-90% RI 60,  2 x 100 FS Sprint last lap. RI 20  2 x 50 FS (↑E↓F) RI 30,  2 x 50 BK Count # SPL RI 20  4 x 25 FS every 45 secs
	Coaches Fun time – one lappers
<b>Cool Down</b>	100 - BK fining, FS Slide and glides, walking etc
<b>Total</b>	1700 + 5 mins