















**Date:** 28<sup>th</sup> Jan 2024. **Notices:** Membership, Lane leader briefing Tue/Fri 15 mins before sessions, Coaches Newsletter. HAG Sheets.



**Training Emphasis:** BS Basics, incl Stroke rules: 2 handed touch, arms then legs cycle. & BK consolidation (little) **Caution:** Knees BS swap for Fly legs. BK Swim straight. **Equipment:** KB/PB.

<b>Warm up</b>	 100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target dist. Level 1 = 200, L2 = 300, L3/L3D = 350
<b>Drill 250</b>	<p>Leave fins on for now – Rest all drills = 10-20.</p> <ol style="list-style-type: none"> <li>1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip.</li> <li>2. 2 x 25 – Tip # 2 - BS arms with Dolphin legs  - kick into a long glide as arms shoot forward.</li> <li>3. At the wall/lane rope - Whip Kick Tip#1</li> <li>4. 2 x 25 Tip #6 - BS Separation drill – complete a full Arms stroke into glide, then a complete Leg kick into glide.</li> <li>5. 2 x 25 BS full stroke with change of finger – ½ lap Fist, ½ lap 2 fingers, last lap normal hands – don't forget to glide</li> <li>6. 4 x 25 BS – Tip #3/ #4/#5 – Normal BS with Matra = Arms sweep, Breathe, leg Kick and Glide.</li> </ol>
<b>Main set</b> 	<p>L1 = 3 x 100 @ 75-80% effort = 1 x FS, 1 x “A” not FS, 1 x “B” not FS. RI 30            4 x 25 BS RI 15, Sweep, breathe, Kick and Glide            6 x 50 (2 x FS, 2 x BK, 2 x BS) Build speed for last 5M sprint RI 20-30 [700]</p>
<b>Main set</b> 	<p>L2 = 4 x 100 @75-80% effort = 1 x FS, 2 x OC (not FS), 1 x OC any. RI 30            4 x 25 BS RI 15, Sweep, Breathe, Kick and Glide            8 x 50 (2 x FS, 2 x BK, 2 x BS) Build speed for last ½ lap sprints RI 20-30 [900]</p>
<b>Main set</b> 	<p>L3 = 4 x 100 (1 x FS, 2 x OC (not FS), 1 x OC any) building 75-85% effort RI 20.            4 x 50 BS RI 15, Sweep, Breathe, Kick and Glide – Tech check 75% think about it!            8 x 50 (4 x FS, 2 x BK, 2 x BS) Build speed for last ½ lap sprints. RI 20-30 [1000]</p>
<b>Main set</b> 	<p>L3 Distance 400 FS – TT @SR.            4 x 100 FS building 75-85% effort RI 20.            4 x 25 BS RI 15, Sweep, Breathe, Kick and Glide.            2 x 200 FS -TT @SR +1. RI 30. [1300]</p>
<b>Skills</b>	<p>BS Starts – 1 = Gliding off the wall, 2 = SoTW+ 1 x dolphin kick, 3 = SoTW + 1 x dolphin kick &amp; full pull down,            4 = SoTW + 1 x dolphin kick &amp; full pull down &amp; reach arms to surface, 5 = SoTW + 1 x dolphin kick &amp; full pull down &amp; reach arms to surface &amp; BS Kick at same time into glide.</p>
<b>C/Down</b>	100 OC
<b>Total</b>	L1 = 1250+ / L2 = 1550+ / L3 = 1750+ / L3D = 2000+

<b>Level 1</b>	<b>Training Emphasis: BS Basics, BK &amp; FS Consolidation</b>
<b>Warm up</b>	100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target distance = 200 +
<b>Drills/Skills 250</b>	<p>Leave fins on for now – Rest Interval all drills = 10-20.</p> <ol style="list-style-type: none"> <li>1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip.</li> <li>2. 2 x 25 – Tip # 2 - BS arms with Dolphin legs  - kick into a long glide as arms shoot forward.</li> </ol> <p>Fins OFF</p> <ol style="list-style-type: none"> <li>3. At the wall/lane rope - Whip Kick Tip#1</li> <li>4. 2 x 25 Tip #6 - BS Separation drill – complete a full Arms stroke into glide, then a complete Leg kick into glide.</li> <li>5. 2 x 25 BS full stroke with change of finger – ½ lap Fist, ½ lap 2 fingers, last lap normal hands – don't forget to glide.</li> <li>6. 4 x 25 BS – Tip #3/ #4/#5 – Normal BS with Matra = Arms sweep, Breathe, leg Kick and Glide.</li> </ol>
<b>Main Set</b>  [700]	<p>3 x 100 @ 75-80% effort RI 30 1 x FS, 1 x “A” not FS, 1 x “B” not FS.</p> <p>4 x 25 BS RI 15, Sweep, breathe, Kick and Glide</p> <p>6 x 50 (2 x FS, 2 x BK, 2 x BS) RI 20-30 Build speed for last 5M sprint</p>
<b>Skill</b>	<p>BS Starts –</p> <ol style="list-style-type: none"> <li>1 = Gliding off the wall,</li> <li>2 = SoTW+ 1 x dolphin kick,</li> <li>3 = SoTW + 1 x dolphin kick &amp; full pull down,</li> <li>4 = SoTW + 1 x dolphin kick &amp; full pull down &amp; reach arms to surface,</li> <li>5 = SoTW + 1 x dolphin kick &amp; full pull down &amp; reach arms to surface &amp; BS Kick at same time into glide.</li> </ol>
<b>Cool Down</b>	100 OC
<b>Total</b>	1250+

<b>Level 2</b>	<b>Training Emphasis: BS Basics, BK &amp; FS Consolidation</b>
<b>Warm up</b>	100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target distance = 250 +
<b>Drills/Skills</b>  250	Leave fins on for now – Rest Interval all drills = 10-20. <ol style="list-style-type: none"> <li>1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip.</li> <li>2. 2 x 25 – Tip # 2 - BS arms with Dolphin legs  - kick into a long glide as arms shoot forward.</li> <li>3. Fins OFF</li> <li>4. At the wall/lane rope - Whip Kick Tip#1</li> <li>5. 2 x 25 Tip #6 - BS Separation drill – complete a full Arms stroke into glide, then a complete Leg kick into glide.</li> <li>6. 2 x 25 BS full stroke with change of finger – ½ lap Fist, ½ lap 2 fingers, last lap normal hands – don't forget to glide.</li> <li>7. 4 x 25 BS – Tip #3/ #4/#5 – Normal BS with Matra = Arms sweep, Breathe, leg Kick and Glide.</li> </ol>
<b>Main Set</b>  [900]	4 x 100 @75-80% effort RI 30 - 1 x FS, 2 x OC (not FS), 1 x OC any.  4 x 25 BS RI 15, Sweep, Breathe, Kick and Glide  8 x 50 (2 x FS, 2 x BK, 2 x BS) RI 20-30 Build speed for last ½ lap sprints
<b>Skill</b>	BS Starts – 1 = Gliding off the wall, 2 = SoTW+ 1 x dolphin kick, 3 = SoTW + 1 x dolphin kick & full pull down, 4 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface, 5 = SoTW + 1 x dolphin kick & full pull down & reach arms to surface & BS Kick at same time into glide.
<b>Cool Down</b>	100 OC
<b>Total</b>	1550+

<b>Level 3</b>	<b>Training Emphasis: BS Basics, BK &amp; FS Consolidation</b>
<b>Warm up</b>	100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target distance = 350 +
<b>Drills/Skills</b>   <b>250</b>	<p>Leave fins on for now – Rest time all drills = 10-20.</p> <ol style="list-style-type: none"> <li>1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip.</li> <li>2. 2 x 25 – Tip # 2 - BS arms with Dolphin legs  - kick into a long glide as arms shoot forward.</li> </ol> <p>Fins OFF</p> <ol style="list-style-type: none"> <li>3. At the wall/lane rope - Whip Kick Tip#1</li> <li>4. 2 x 25 Tip #6 - BS Separation drill – complete a full Arms stroke into glide, then a complete Leg kick into glide.</li> <li>5. 2 x 25 BS full stroke with change of finger – ½ lap Fist, ½ lap 2 fingers, last lap normal hands – don't forget to glide.</li> <li>6. 4 x 25 BS – Tip #3/ #4/#5 – Normal BS with Matra = Arms sweep, Breathe, leg Kick and Glide.</li> </ol>
<b>Main Set</b>  <b>1000</b>	<p>4 x 100 RI 20.</p> <p>1 x FS, 2 x OC (not FS), 1 x OC any- building 75-85% effort</p> <p>4 x 50 BS RI 15, Sweep, Breathe, Kick and Glide.</p> <p>Technical check @75% effort - think about it!</p> <p>8 x 50 RI 20-30</p> <p>4 x FS, 2 x BK, 2 x BS - Build speed for last ½ lap sprints.</p>
<b>Skill</b>	<p>BS Starts –</p> <ol style="list-style-type: none"> <li>1 = Gliding off the wall,</li> <li>2 = SoTW+ 1 x dolphin kick,</li> <li>3 = SoTW + 1 x dolphin kick &amp; full pull down,</li> <li>4 = SoTW + 1 x dolphin kick &amp; full pull down &amp; reach arms to surface,</li> <li>5 = SoTW + 1 x dolphin kick &amp; full pull down &amp; reach arms to surface &amp; BS Kick at same time into glide.</li> </ol>
<b>Cool Down</b>	100 OC
<b>Total</b>	1750+

<b>Level 3</b>	<b>Distance/ Triathlon - Training Emphasis: BS Basics and FS Consolidation</b>
<b>Warm up</b>	100 FS SKPS, 50 Kick BK, 50 Swim OC, repeat. Target distance = 350 +
<b>Drills/Skills</b>  <b>250</b>	<p>Leave fins on for now – Rest interval all drills = 10-20.</p> <ol style="list-style-type: none"> <li>1. Standing drills - Practice Arm pull and sculling with hands/wrist/forearm - get a grip.</li> <li>2. 2 x 25 – Tip # 2 - BS arms with Dolphin legs  - kick into a long glide as arms shoot forward.</li> </ol> <p>Fins OFF</p> <ol style="list-style-type: none"> <li>3. At the wall/lane rope - Whip Kick Tip#1</li> <li>4. 2 x 25 Tip #6 - BS Separation drill – complete a full Arms stroke into glide, then a complete Leg kick into glide.</li> <li>5. 2 x 25 BS full stroke with change of finger – ½ lap Fist, ½ lap 2 fingers, last lap normal hands – don't forget to glide.</li> <li>6. 4 x 25 BS – Tip #3/ #4/#5 – Normal BS with Matra = Arms sweep, Breathe, leg Kick and Glide.</li> </ol>
<b>Main Set</b>  [1300]	<p>400 FS – TT @SR.</p> <p>4 x 100 FS building 75-85% effort RI 20.</p> <p>4 x 25 BS RI 15, Sweep, Breathe, Kick and Glide.</p> <p>2 x 200 FS -TT @SR +1. RI 30.</p>
<b>Skill</b> <b>BS Starts</b>	<p>1 = Gliding off the wall,</p> <p>2 = SoTW+ 1 x dolphin kick,</p> <p>3 = SoTW + 1 x dolphin kick &amp; full pull down,</p> <p>4 = SoTW + 1 x dolphin kick &amp; full pull down &amp; reach arms to surface,</p> <p>5 = SoTW + 1 x dolphin kick &amp; full pull down &amp; reach arms to surface &amp; BS Kick at same time into glide</p>
<b>Cool Down</b>	100 OC
<b>Total</b>	2000+