















Date: 30th Jan 2024. **Notices:** Membership, Lane leader briefing Fri 15 mins before sessions, Coaches Newsletter. HAG Sheets. BS Tip Sheet.



Training Emphasis: BS Basics, Power from legs, Stroke includes a glide. Stroke rules: 2 handed touch, arms then legs cycle. BK consolidation (little) **Caution:** Knees BS swap for Fly legs. BK Swim straight. **Equipment:** KB/Fins

Warm up	 100 FS SKPS, 100 OC repeat. Target dist. Level 1 = 200, L2 = 250, L3/L3D = 300
Drill 200	<p>Leave fins on for now – Rest all drills = 10-20.</p> <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with straight hand/wrist/forearm - get a grip. 2. 2 x 25 – Tip # 2 - BS arms with Dolphin legs  - kick into a long glide as arms shoot forward. 3. Fins OFF 4. Note - Drill for novice BS swimmers only at the wall in Lane 6/ Whip Kick Tip#1. 5. 2 x 25 Tip #1 & #6- BS Legs use KB - complete a full leg kick into glide. 6. 4 x 25 BS – Tip#1/#2/ #3/ #4/#5 – Normal BS with Matra = Arms sweep, Breathe, leg Kick and Glide.
Main set 	<p>L1 = 2 x 100 @ 75-80% effort = 1 x FS, 1 x Not FS. RI 30 2 x 25 BS RI 15, Sweep, breathe, Kick and Glide 4 x 50 (2 x FS, 2 x BK,) Build speed and then sprint the last 10M RI 20-30 [450]</p>
Main set 	<p>L2 = 2 x 100 @75-80% effort = 1 x FS, 1 x OC (not FS). RI 30 2 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 ½ lap sprints RI 20-30 [550]</p>
Main set 	<p>L3 = 4 x 100 (1 x FS, 2 x OC (not FS), 1 x BK any) building 75-85% effort RI 20. 2 x 50 BS RI 15, Sweep, Breathe, Kick and Glide – Tech check 75% think about it! 4 x 50 (2 x FS, 1 x BK, 1 x OC) Build speed to sprint last 10M. RI 20-30 [700]</p>
Main set 	<p>L3 Distance – 2 x 200 FS – 1st TT @SR, 2nd at SR +1. RI 30 3 x 100 FS building 75-85% effort – SOTW. RI 20. 2 x 25 BS RI 15, Sweep, Breathe, Kick and Glide. 4 x 50 – 2 x FS, 1 x BK, 1 x OC. FS ↑M↓F, BK = M as tech swim, OC go for it! [950]</p>
Skills	<p>BS Starts – 1 = SoTW+ 1 x dolphin kick, 2 = SoTW + 1 x dolphin kick & full pull down, 3= SoTW + 1 x dolphin kick & full pull down, shrug shoulder, reach arms to surface & look up & BS Kick at same time into glide.</p>
C/Down	100 OC
Total	L1 = 950+ / L2 = 1100+ / L3 = 1300+/ L3D = 1550+

Level 1	Training Emphasis: BS Basics, BK & FS Consolidation
Warm up	FS SKPS, 100 OC repeat - Target distance = 200 +
Drills/Skills 200	<p>Leave fins on for now – Rest Interval all drills = 10-20.</p> <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with straight hand/wrist/forearm - get a grip. 2. 2 x 25 – Tip # 2 - BS arms with Dolphin legs  - kick into a long glide as arms shoot forward. <p>Fins OFF</p> <ol style="list-style-type: none"> 3. At the wall in lane 6 for novice BS swimmers - Whip Kick Tip#1. 4. 2 x 25 Tip #Tip #1/6 - BS Kick drill with KB. – Leg kick into glide 5. 4 x 25 BS – Tip #1/#2/#3/ #4/#5 – Normal BS with Matra = Arms sweep, Breathe, leg Kick and Glide.
Main Set  [450]	<p>2 x 100 @ 75-80% effort RI 30 1 x FS, 1 x Not FS.</p> <p>2 x 25 BS RI 15, Sweep, breathe, Kick and Glide</p> <p>4 x 50 RI 20-30 - Build speed to sprint the last 10M 2 x FS, 2 x BK -</p>
Skill	<p>BS Starts –</p> <ol style="list-style-type: none"> 1 = SoTW+ 1 x dolphin kick, 2 = SoTW + 1 x dolphin kick & full pull down, 3= SoTW + 1 x dolphin kick & full pull down, shrug shoulders, reach arms to surface/look up then Kick at same time into glide.
Cool Down	100 OC
Total	850+

Level 2	Training Emphasis: BS Basics, BK & FS Consolidation
Warm up	FS SKPS, 100 OC repeat - Target distance = 250 +
Drills/Skills  200	<p>Leave fins on for now – Rest Interval all drills = 10-20.</p> <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with straight hand/wrist/forearm - get a grip. 2. 2 x 25 – Tip # 2 - BS arms with Dolphin legs  - kick into a long glide as arms shoot forward. <p>Fins OFF</p> <ol style="list-style-type: none"> 3. At the wall in lane 6 for novice BS swimmers - Whip Kick Tip#1. 4. 2 x 25 Tip #Tip #1/6 - BS Kick drill with KB. – Leg kick into glide 1. 4 x 25 BS – Tip #1/#2/#3/ #4/#5 – Normal BS with Matra = Arms sweep, Breathe, leg Kick and Glide.
Main Set  [550]	<p>2 x 100 @75-80% effort RI 30 1 x FS, 1 x OC (not FS).</p> <p>2 x 25 BS RI 15, Sweep, Breathe, Kick and Glide</p> <p>6 x 50 RI 20-30 2 x FS, 2 x BK, 2 x BS - Build speed for last ½ lap sprints</p>
Skill	<p>BS Starts –</p> <p>1 = SoTW+ 1 x dolphin kick, 2 = SoTW + 1 x dolphin kick & full pull down 3= SoTW + 1 x dolphin kick & full pull down, shrug shoulders, reach arms to surface/look up then Kick at same time into glide.</p>
Cool Down	100 OC
Total	1000+

Level 3	Training Emphasis: BS Basics, BK & FS Consolidation
Warm up	FS SKPS, 100 OC repeat - Target distance = 250 +
Drills/Skills  200	<p>Leave fins on for now – Rest Interval all drills = 10-20.</p> <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with straight hand/wrist/forearm - get a grip. 2. 2 x 25 – Tip # 2 - BS arms with Dolphin legs  - kick into a long glide as arms shoot forward. <p>Fins OFF</p> <ol style="list-style-type: none"> 3. At the wall in lane 6 for novice BS swimmers - Whip Kick Tip#1. 4. 2 x 25 Tip #Tip #1/6 - BS Kick drill with KB. – Leg kick into glide <ol style="list-style-type: none"> 1. 4 x 25 BS – Tip #1/#2/#3/ #4/#5 – Normal BS with Matra = Arms sweep, Breathe, leg Kick and Glide.
Main Set  700	<p>4 x 100 - RI 20. 1 x FS, 2 x OC (not FS), 1 x BK- building 75-85% effort</p> <p>2 x 50 BS max effort 75% RI 15 Sweep, Breathe, Kick and Glide – Tech check think about it!</p> <p>4 x 50 RI 20-30 2 x FS, 1 x BK, 1 x OC Build speed to sprint last 10M.</p>
Skill	<p>BS Starts –</p> <ol style="list-style-type: none"> 1 = SoTW+ 1 x dolphin kick, 2 = SoTW + 1 x dolphin kick & full pull down 3= SoTW + 1 x dolphin kick & full pull down, shrug shoulders, reach arms to surface/look up then Kick at same time into glide.
Cool Down	100 OC
Total	1200+

Level 3	Distance/ Triathlon - Training Emphasis: BS Basics and FS Consolidation
Warm up	FS SKPS, 100 OC repeat - Target distance = 300 +
Drills/Skills 200	<p>Leave fins on for now – Rest Interval all drills = 10-20.</p> <ol style="list-style-type: none"> 1. Standing drills - Practice Arm pull and sculling with straight hand/wrist/forearm - get a grip. 2. 2 x 25 – Tip # 2 - BS arms with Dolphin legs  - kick into a long glide as arms shoot forward. <p>Fins OFF</p> <ol style="list-style-type: none"> 3. At the wall in lane 6 for novice BS swimmers - Whip Kick Tip#1. 4. 2 x 25 Tip #Tip #1/6 - BS Kick drill with KB. – Leg kick into glide 5. 4 x 25 BS – Tip #1/#2/#3/ #4/#5 – Normal BS with Matra = Arms sweep, Breathe, leg Kick and Glide.
Main Set  [950]	<p>2 x 200 FS – 1st TT @SR, 2nd at SR +2. RI 30</p> <p>3 x 100 FS building 75-85% effort – SOTW. RI 20.</p> <p>2 x 25 BS RI 15, Sweep, Breathe, Kick and Glide.</p> <p>4 x 50 – RI 20-30</p> <p>2 x FS ↑M↓F , 1 x BK -M as tech swim, 1 x OC = go for it!</p>
Skill BS Starts	<p>BS Starts –</p> <ol style="list-style-type: none"> 1 = SoTW+ 1 x dolphin kick, 2 = SoTW + 1 x dolphin kick & full pull down 3= SoTW + 1 x dolphin kick & full pull down, shrug shoulders, reach arms to surface/look up then Kick at same time into glide.
Cool Down	100 OC
Total	1550+