













Date: 13th Feb 2024. Notices: ATP on web, Change to Swim times, HAG entries or just help! Training Emphasis: - Consolidation/Basics all strokes /open turns



Caution: Knees/shoulder – Swop out to FS. Check Position in Lane before push off /swim straight. **Equipment: Find, CS, KB**

Warm up	 50 BK, 50 FS, 50 Kick OC, 50 swim OC – repeat till the whistle goes. 5 mins. Target L1 & 2 = 200, L3/L3d = 300
Drill/Skill  200	2 x 25 on each RI 15-20 - SOTW ! FS – Breathing (mouth/nose) + Body rotation/roll – open arm pit – long stroke, easy recovery. BK – Body rotation, long arms/locked elbow, S pull, Kick up Fly – ↑ chest press forward then Kick (flick) and glide ↓ full stroke breath every 2 nd stroke. – single file. Fins Off - BS – ↑ kick and glide ↓ full stroke Sweep, Breath, Kick and Glide
Main set L1 	Reminder SOTW - Side push off for FS, Get a breath, then roll onto front underwater, and into kick /stroke 4 x 50 “A” stroke 75-80% effort/ Even pace - RI 20-30. 2 x 100 FS - ↑M↓E↑E↓H RI 30 2 x 25 BK – RI 15 – Tech swim – “Rotation/roll” 2 x 25 BS – RI 15 – S,B,K,Glideeeeeee! (500)
Main set L2 	Reminder SOTW - Side push off for FS, Get a breath, then roll onto front underwater, and into kick /stroke 4 x 50 “A” stroke 75-80% effort/ Even pace - RI 20-30. 2 x 100 FS - ↑M↓E↑E↓H RI 30 4 x 25 BK – RI 15 – Tech swim – “Rotation/roll” 2 x 25 BS – RI 15 – S,B,K,Glide! 2 x 25 Fly RI 30 Y,M,C and blast out - single file (550)
Main set L3 	Reminder SOTW - Side push off for FS, Get a breath, then roll onto front underwater, and into kick /stroke 6 x 50 “A” stroke 75-80% effort/ Even pace - RI 20-30. 3 x 100 FS - ↑M↓E↑M↓H RI 30 2 x 50 BK – RI 15 – Tech swim – “Rotation/roll” 2 x 50 BS – RI 15 – S,B,K,Glide! 4 x 25 Fly RI 30 - Y,M,C and blast out - single file (900)
Main set L3Dist 	Reminder SOTW - Side push off for FS, Get a breath, then roll onto front underwater, and into kick /stroke 3 x 100 FS - ↑M↓E↑M↓H - Aim for Back-end speed. RI 30. Note time for each 100. 2 x 50 - Not FS RI 15 – Tech swim - Medium pace 2 x 200 FS – Use TT or count #SPL – even pace set TT @ +1 on last week. 3 x 100 FS - ↑H↓M↑E↓M – Aim for Front-end speed. RI 30 - Note time for each 100. Check against previous set of 100s? (1100)
Skills B	10 Mins - Turns – Open Thru the strokes – Correct touch with hands, get knees up and plant both feet on the wall. Which way to turn and which arm under/over.
C/Down	100 = slow Fly body undulations, floppy FS, side stoke and walking
Total	L1 = 1000+, L2 = 1050+, L 3= 1500+, L3D = 1700+

Level 1	Training Emphasis: - Consolidation on basics of all strokes, plus open turns
Warm up	50 BK, 50 FS, 50 Kick OC, 50 swim OC – repeat till the whistle goes. 5 mins. Target = 200,
Drills/Skills 	<p>2 x 25 on each RI 15-20 – Be - SOTW !</p> <p>FS – Breathing (mouth/nose) + Body rotation/roll – open arm pit – EVF, long stroke, easy recovery.</p> <p>BK – Body rotation, long arms/locked elbow, S pull, Kick Up from the hip, slight flex of knee.</p> <p>Fly – ↑chest press forward then Kick (flick) and glide. ↓ full stroke breath every 2nd stroke. – single file.</p> <p>Fins Off</p> <p>BS –↑kick and glide ↓ full stroke Sweep, Breath, Kick and Glide</p>
Main Set  500	<p>Reminder SOTW - Side push off for FS, Get a breath, then roll onto front underwater, and into kick /stroke</p> <p>4 x 50 “A” stroke 75-80% effort/ Even pace - RI 20-30.</p> <p>2 x 100 FS - ↑M↓E↑E↓H RI 30</p> <p>2 x 25 BK – RI 15 – Tech swim – “Rotation/roll”</p> <p>2 x 25 BS – RI 15 – S,B,K,Glideeeeeee!</p>
Skills	10 Mins - Turns – Open Thru the strokes – Correct touch with hands, get knees up and plant both feet on the wall. Which way to turn and which arm under/over.
Cool Down	100 = slow Fly body undulations, floppy FS, side stoke and walking
Total	1000+

Level 2	Training Emphasis: - Consolidation on basics of all strokes ,plus open turns
Warm up	50 BK, 50 FS, 50 Kick OC, 50 swim OC – repeat till the whistle goes. 5 mins. Target 2 = 200,
Drills/Skills  200	<p>2 x 25 on each RI 15-20 – Be - SOTW !</p> <p>FS – Breathing (mouth/nose) + Body rotation/roll – open arm pit – EVF, long stroke, easy recovery.</p> <p>BK – Body rotation, long arms/locked elbow, S pull, Kick up from hip, slight flex from the knee.</p> <p>Fly – ↑chest press forward then Kick (flick) and glide ↓ full stroke breath every 2nd stroke. – single file.</p> <p>Fins Off</p> <p>BS –↑kick and glide ↓ full stroke Sweep, Breath, Kick and Glide</p>
Main Set  550	<p>Reminder SOTW - Side push off for FS, Get a breath, then roll onto front underwater, and into kick /stroke</p> <p>4 x 50 “A” stroke 75-80% effort/ Even pace - RI 20-30.</p> <p>2 x 100 FS - ↑M↓E↑E↓H RI 30</p> <p>4 x 25 BK – RI 15 – Tech swim – “Rotation/roll”</p> <p>2 x 25 BS – RI 15 – S,B,K,Glide!</p> <p>2 x 25 Fly RI 30 - Y,M,C and blast out - single file</p>
Skills	10 Mins - Turns – Open Thru the strokes – Correct touch with hands, get knees up and plant both feet on the wall. Which way to turn and which arm under/over.
Cool Down	100 = slow Fly body undulations, floppy FS, side stoke and walking
Total	1050+

Level 3	Training Emphasis: - Consolidation on basics of all strokes, plus open turns
Warm up	50 BK, 50 FS, 50 Kick OC, 50 swim OC – repeat till the whistle goes. 5 mins. Target = 300,
Drills/Skills  200	<p>2 x 25 on each RI 15-20 – Be - SOTW !</p> <p>FS – Breathing (mouth/nose) + Body rotation/roll – open arm pit – EVF, long stroke, easy recovery.</p> <p>BK – Body rotation, long arms/locked elbow, S pull, Kick up from hip, slight flex from the knee.</p> <p>Fly – ↑chest press forward then Kick (flick) and glide ↓ full stroke breath every 2nd stroke. – single file.</p> <p>Fins Off</p> <p>BS –↑kick and glide ↓ full stroke Sweep, Breath, Kick and Glide</p>
Main Set  900	<p>Reminder SOTW - Side push off for FS, Get a breath, then roll onto front underwater, and into kick /stroke</p> <p>6 x 50 “A” stroke 75-80% effort/ Even pace - RI 20-30.</p> <p>3 x 100 FS - ↑M↓E↑M↓H RI 30</p> <p>2 x 50 BK – RI 15 – Tech swim – “Rotation/roll”</p> <p>2 x 50 BS – RI 15 – S,B,K,Glide!</p> <p>4 x 25 Fly RI 30 - Y,M,C and blast out - single file</p>
Skill	10 Mins - Turns – Open Thru the strokes – Correct touch with hands, get knees up and plant both feet on the wall. Which way to turn and which arm under/over.
Cool Down	100 = slow Fly body undulations, floppy FS, side stoke and walking
Total	1500+

Level 3 Dist/Tri	Training Emphasis: - Consolidation on basics of all strokes, plus open turns
Warm up	50 BK, 50 FS, 50 Kick OC, 50 swim OC – repeat till the whistle goes. 5 mins. Target = 300,
Drills/Skills  200	<p>2 x 25 on each RI 15-20 – Be - SOTW !</p> <p>FS – Breathing (mouth/nose) + Body rotation/roll – open arm pit – EVF, long stroke, easy recovery.</p> <p>BK – Body rotation, long arms/locked elbow, S pull, Kick up from hip, slight flex from the knee.</p> <p>Fly – ↑chest press forward then Kick (flick) and glide ↓ full stroke breath every 2nd stroke. – single file.</p> <p>Fins Off</p> <p>BS –↑kick and glide ↓ full stroke Sweep, Breath, Kick and Glide</p>
Main Set  1100	<p>Reminder SOTW - Side push off for FS, Get a breath, then roll onto front underwater, and into kick /stroke</p> <p>3 x 100 FS - ↑M↓E↑M↓H - RI 30. - Aim for Back-end speed. Note time for each 100.</p> <p>2 x 50 - Not FS RI 15 – Tech swim - Medium pace</p> <p>2 x 200 FS – Use TT or count #SPL – even pace set TT @ +1 on last week.</p> <p>3 x 100 FS - ↑H↓M↑E↓M –RI 30 - Note time for each 100Aim for Front-end speed. Check against previous set of 100s?</p>
Cool Down	100 = slow Fly body undulations, floppy FS, side stoke and walking
Total	1700+