













Date: Tuesday 12th March 24. Notices: Nil. Training Cycle #2-week # 2 BK includes ↑Volume on “A” stroke, & General endurance Weekly Training Theme = BK Breathing and body rotation (hip & shoulder). Check the BK Tip sheet. **Caution: shoulders, Situ awareness of position in Lane, check before pushing off.**



Equipment: Fins, KB, FP, PB, Cups

Warm up	Target L1/2 = 250, L3/3D = 350 (5 mins) = Swim 100 FS, Kick 50 OC, 100 KLRS FS or BK, 100 OC,
Drill/Skill A 	L1/2 = 4 x 25, L3 = 2 x 50 each drill RI 10-15. Drill #17 - The BK Breathing Pocket and rhythm – experiment try every arm stroke ↑or every 2 nd arm stroke↓. Swim 50M BK easy consolidation. <i>L3 only</i> Drill # 8 – 1 arm pull/push (swap arms each lap) – Feel the pull and then push, rolling into/out of each stroke. Swim 50M BK easy consolidation. <i>L3 only</i> Drill 6-3-6 (kick & rotation) Catch arm extended, other by side – 6 kicks & rotate to side & do 3 strokes, repeat. Swim 50M BK easy consolidation. <i>L3 only</i> Drill #21 – Both arms – Roll, Pull, Roll Push – Blending the action of the roll & arm stroke & coord. Swim 50M BK easy consolidation. <i>L3 only</i> (L1/2 = 400, L3 = 600)
Main set L1 	200 “A” even pace. 2 x 100 FS ↑E↓M↑M↓F RI 30, 4 x 50 BK Tech swim (2 with FPs on) check breathing rhythm & body rotation. RI 30, 2 x 100 OC ↑E↓M↑M↓F RI 30, Deep end for BK starts with Coach (5mins) then 4 x 25M BK sprints with walk backs (900)
Main set L2 	200 “A” even pace. 2 x 100 FS ↑E↓M↑M↓F RI 30 RI 30, 4 x 50 BK Tech swim (2 with FPs on) check breathing rhythm & body rotation. RI 30, 3 x 100 FS with TTs @ SR RI 30, Deep end for BK starts with Coach (5mins) then 4 x 25M BK sprints with walk backs (1000)
Main set L3 	2 x 200 FS @ SR use TT RI 30, 2 x 100 FS ↑E↓M↑M↓F RI 30, 4 x 50 BK Tech swim (2 with FPs on) check breathing rhythm & body rotation. RI 30, 3 x 100 OC 75-85% RI 30, Deep end for BK starts with Coach (5mins) then 4 x 25M BK sprints with walk backs (1200)
Main set L3Dist 	3 x 200 FS @ SR use TT, increase by +1 each 200. RI 30, 2 x 100 FS ↑E↓M↑M↓F RI 30, 4 x 50 BK Tech swim (2 with FPs on) check breathing rhythm & body rotation. RI 30, 3 x 100 Not FS Tech swims RI 30, Deep end for BK starts with Coach (5mins) then 4 x 25M BK sprints with walk backs (1400)
Skills B	If time - Fun-time swim BK with Cup on head & FS 5 long strokes vs 5 seconds of sprint strokes.
C/Down	50 FS, 25 BK, 25 BS, 25 OC /walk etc. Min 100M
Total	L1 = 1650+, L2 = 1750+, L3 = 2200+, L3D =2400+

Level 1	Training = Cycle #2-week # 2 BK includes ↑Volume on “A” stroke, & General endurance Weekly Training Theme = BK Breathing and body rotation.
Warm up 	Target = 250M / 5 mins = Swim 100 FS, Kick 50 FS, 100 KLRS FS or BK,
Drills/Skills  400	4 x 25, each drill RI 10-15. Drill #17 - The BK Breathing Pocket and rhythm – experiment - every arm stroke ↑ or every 2 nd arm stroke ↓. Drill # 8 – 1 arm pull/push (swap arms each lap) – Feel the pull and then push, rolling into/out of each stroke. Drill on 6-3-6 (kick & rotation) Catch arm extended, other by side – 6 kicks & rotate to side & do 3 strokes, repeat. Drill #21 – Both arms – Roll, Pull, Roll Push – Blending the action of the roll & arm stroke with stroke coordination (arms in opposition).
Main Set  900	200 “A” even pace. 2 x 100 FS RI 30 ↑E↓M↑M↓F 4 x 50 BK Tech swim (2 with FPs on) check breathing rhythm & body rotation. RI 30, 2 x 100 OC even pace RI 30, Deep end for BK starts with Coach (5mins) 4 x 25M BK sprints with walk backs
Skill B	If time – Fun-time swim BK with Cup on head and FS 5 long strokes vs 5 seconds of FS sprints
Cool Down	50 FS, 25 BK, 25 BS, 25 OC /walk etc. Min 100M
Total	1650+

Level 2	Training = Cycle #2-week # 2 BK includes ↑Volume on “A” stroke, & General endurance Weekly Training Theme = BK Breathing and body rotation.
Warm up	Target = 250M / 5 mins = Swim 100 FS, Kick 50 FS, 100 KLRS FS or BK,,
Drills/Skills  400	4 x 25, each drill RI 10-15. Drill #17 - The BK Breathing Pocket and rhythm – experiment - every arm stroke ↑ or every 2 nd arm stroke ↓. Drill # 8 – 1 arm pull/push (swap arms each lap) – Feel the pull and then push, rolling into/out of each stroke. Drill on 6-3-6 (kick & rotation) Catch arm extended, other by side – 6 kicks & rotate to side & do 3 strokes, repeat Drill #21 – Both arms – Roll, Pull, Roll Push – Blending the action of the roll & arm stroke with stroke coordination (arms in opposition).
Main Set  1000	200 “A” even pace. 2 x 100 FS RI 30 ↑E ↓M ↑M ↓F. 4 x 50 BK Tech swim (2 with FPs on) check breathing rhythm & body rotation. RI 30. 3 x 100 FS with TTs @ SR +1 each 100. RI 30. Deep end for BK starts with Coach (5mins) then 4 x 25M BK sprints with walk backs
Skills B	If time – Fun-time swim BK with Cup on head and FS 5 long strokes vs 5 seconds of FS sprints
Cool Down	50 FS, 25 BK, 25 BS, 25 OC /walk etc. Min 100M
Total	1750+

Level 3	Training = Cycle #2-week # 2 BK includes ↑Volume on “A” stroke, & General endurance Weekly Training Theme = BK Breathing and body rotation.
Warm up	Target 350M (5 mins) = Swim 100 FS, Kick 50 FS, 100 KLRS FS or BK, 100 OC,
Drills/Skills  600	L3 = 2 x 50 each drill - RI 10-15. Drill #17 - The BK Breathing Pocket and rhythm – experiment try every arm stroke ↑or every 2 nd arm stroke ↓. Swim 50M BK easy consolidation. Drill # 8 – 1 arm pull/push (swap arms each lap) – Feel the pull and then push, rolling into/out of each stroke. Swim 50M BK easy consolidation. Drill on 6-3-6 (kick & rotation) Catch arm extended, other by side – 6 kicks & rotate to side & do 3 strokes, repeat. Swim 50M BK easy consolidation. Drill #21 – Both arms – Roll, Pull, Roll Push – Blending the action of the roll & arm stroke with stroke coordination. Swim 50M BK easy consolidation.
Main Set  1200	2 x 200 FS @ SR use TT RI 30, 2 x 100 FS RI 30 ↑E↓M↑M↓F, 4 x 50 BK Tech swim (2 with FPs on) check breathing rhythm & body rotation. RI 30, 3 x 100 OC - 75-85% effort RI 30, Deep end for BK starts with Coach (5mins) 4 x 25M BK sprints with walk backs
Skills B	If time – Fun-time swim BK with Cup on head and FS 5 long strokes vs 5 seconds of FS sprints
Cool Down	50 FS, 25 BK, 25 BS, 25 OC /walk etc. Min 100M
Total	2200+

Level 3 Dist/ Tri	Training = Cycle #2-week # 2 BK includes ↑Volume on “A” stroke, & General endurance Weekly Training Theme = BK Breathing and body rotation
Warm up	Target 350M (5 mins) = Swim 100 FS, Kick 50 FS, 100 KLRS FS or BK,, 100 OC,
Drills/Skills 	L3 = 2 x 50 each drill - RI 10-15. Drill #17 - The BK Breathing Pocket and rhythm – experiment try every arm stroke ↑or every 2 nd arm stroke↓. Swim 50M BK easy consolidation. Drill # 8 – 1 arm pull/push (swap arms each lap) – Feel the pull and then push, rolling into/out of each stroke. Swim 50M BK easy consolidation. Drill on 6-3-6 (kick & rotation) Catch arm extended, other by side – 6 kicks & rotate to side & do 3 strokes, repeat. Swim 50M BK easy consolidation. Drill #21 – Both arms – Roll, Pull, Roll Push – Blending the action of the roll & arm stroke with stroke coordination. Swim 50M BK easy consolidation.
Main Set  1400	3 x 200 FS @ SR use TT, increase by +1 each 200. RI 30, 2 x 100 FS RI 30 ↑E↓M↑M↓F, 4 x 50 BK Tech swim (2 with FPs on) check breathing rhythm & body rotation. RI 30, 3 x 100 Not FS - even pace RI 30, Deep end for BK starts with Coach (5mins) 4 x 25M BK sprints with walk backs
Skills B	If time – Fun-time swim BK with Cup on head and FS 5 long strokes vs 5 seconds of FS sprints
Cool Down	50 FS, 25 BK, 25 BS, 25 OC /walk etc. Min 100M
Total	2400+