















Date: Fri 15th March 24. Notices: Easter - Fri 29 or Sun 31st- No swims. 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, PB, L3 - TTs

Warm up	Target = 300 = Swim 100 FS, Kick 50 BK rotating hip shoulder together - hold for 6 kick, then rotate repeat, 50 Swim BK rotating, 100 OC,
Drill/Skill A 	2 x 25 each drill RI 10-15. BK SOTW - Effective wall push offs, when to kick, when to pull, How Not to get water up the nose! Drill #17 - The BK Breathing Pocket and rhythm – experiment try every arm stroke ↑or every 2 nd arm stroke↓. Drill 6-3-6 (kick & rotation) Catch arm extended, other by side – 6 kicks & rotate to side with 3 strokes, repeat. Look at BK '24 Tip sheet. Pick 2 items and swim to confirm you understand and can swim the “Green Tick” Not red X. (150)
Main set L1 	2 x 100 FS ↑E↓M↑M↓F RI 30, 4 x 50 BK Tech swim check breathing rhythm & body rotation. RI 30, 2 x 100 OC ↑E↓M↑M↓F RI 30, 4 x 25M BK sprints with walk backs from deep end Pairs sprinting – 4 x 25 – FS RI = clear lane. (800)
Main set L2 	2 x 100 FS ↑E↓M↑M↓F RI 30 RI 30, 4 x 50 BK Tech swim check breathing rhythm & body rotation. RI 30, 3 x 100 FS with TTs @ SR RI 30, 4 x 25M BK sprints with walk backs -Deep end Pairs sprinting – 4 x 25 – FS RI = clear lane . (900)
Main set L3 	4 x 100 FS ↑E↓M↑M↓F RI 30, 4 x 50 BK Tech swim check breathing rhythm & body rotation. RI 30, 4 x 100 OC 75-85% RI 30, 4 x 25M BK sprints with walk backs - Deep end Pairs sprinting – 4 x 25 – FS RI = clear lane (1200)
Main set L3Dist 	400 FS @ SR use TT, 4 x 100 FS ↑E↓M↑M↓F RI 30, 4 x 50 BK Tech swim (check breathing rhythm & body rotation). RI 30, 200 FS Tech swim long Almost Catch ups, 8 x 25M FS sprints in pairs. RI 15 (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 = 1350+, L2 = 1450+, L3 = 1750+, L3D =1950+

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 = 300 = Swim 100 FS, Kick 50 BK rotating hip shoulder together - hold for 6 kicks, then rotate - repeat, 50 Swim BK rotating body, 100 OC,
Drills/Skills  150	2 x 25, each drill RI 10-15. BK SOTW - Effective wall push offs, when to kick, when to pull, How Not to get water up your nose! Drill #17 - The BK Breathing Pocket and rhythm – experiment try every arm stroke ↑or every 2 nd arm stroke↓. Drill 6-3-6 (kick & rotation) Catch arm extended, other by side – 6 kicks & rotate to side with 3 strokes, repeat. Look at BK '24 Tip sheet. Pick 2 items and swim to confirm you understand and can swim the “Green Tick” Not red X.
Main Set  800	2 x 100 FS RI 30 ↑E↓M↑M↓F 4 x 50 BK Tech swim - check breathing rhythm & body rotation. RI 30, 2 x 100 OC ↑E↓M↑M↓F RI 30, Deep end - 4 x 25M BK sprints with walk backs Pairs Fs Sprinting 4 x 25 RI = Clear Lane.
Cool Down	50 FS, 25 BK, 25 BS, 25 OC /walk etc. Min 100M
Total	1350+

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 = 300 = Swim 100 FS, Kick 50 BK rotating hip shoulder together - hold for 6 kicks, then rotate - repeat, 50 Swim BK rotating body, 100 OC,
Drills/Skills  150	2 x 25, each drill RI 10-15. BK SOTW - Effective wall push offs, when to kick, when to pull, How Not to get water up your nose! Drill #17 - The BK Breathing Pocket and rhythm – experiment try every arm stroke ↑or every 2 nd arm stroke↓. Drill 6-3-6 (kick & rotation) Catch arm extended, other by side – 6 kicks & rotate to side with 3 strokes, repeat. Look at BK '24 Tip sheet. Pick 2 items and swim to confirm you understand and can swim the “Green Tick” Not red X.
Main Set  900	2 x 100 FS RI 30↑E↓M↑M↓F. 4 x 50 BK Tech swim check breathing rhythm & body rotation. RI 30. 3 x 100 FS with TTs @ SR +1 each 100. RI 30. Deep end 4 x 25M BK sprints with walk backs Pairs sprinting 4 x 25 FS RI = Clear Lane
Cool Down	50 FS, 25 BK, 25 BS, 25 OC /walk etc. Min 100M
Total	1450+

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 = 300 = Swim 100 FS, Kick 50 BK rotating hip shoulder together - hold for 6 kicks, then rotate - repeat, 50 Swim BK rotating body, 100 OC,
Drills/Skills  150	2 x 25, each drill RI 10-15. BK SOTW - Effective wall push offs, when to kick, when to pull, How Not to get water up your nose! Drill #17 - The BK Breathing Pocket and rhythm – experiment try every arm stroke ↑or every 2 nd arm stroke ↓. Drill 6-3-6 (kick & rotation) Catch arm extended, other by side – 6 kicks & rotate to side with 3 strokes, repeat. Look at BK '24 Tip sheet. Pick 2 items and swim to confirm you understand and can swim the “Green Tick” Not red X.
Main Set  1200	4 x 100 FS RI 30 ↑E↓M↑M↓F, 4 x 50 BK Tech swim- check breathing rhythm & body rotation. RI 30, 4 x 100 OC - 75-85% effort RI 30, Deep 4 x 25M BK sprints with walk backs In pairs 4x 25 FS sprints RI = Clear lane
Cool Down	50 FS, 25 BK, 25 BS, 25 OC /walk etc. Min 100M
Total	1750+

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 = 300 = Swim 100 FS, Kick 50 BK rotating hip shoulder together - hold for 6 kicks, then rotate - repeat, 50 Swim BK rotating body, 100 OC,
Drills/Skills  150	2 x 25, each drill RI 10-15. BK SOTW - Effective wall push offs, when to kick, when to pull, How Not to get water up your nose! Drill #17 - The BK Breathing Pocket and rhythm – experiment try every arm stroke ↑or every 2 nd arm stroke↓. Drill 6-3-6 (kick & rotation) Catch arm extended, other by side – 6 kicks & rotate to side with 3 strokes, repeat. Look at BK '24 Tip sheet. Pick 2 items and swim to confirm you understand and can swim the “Green Tick” Not red X.
Main Set  1400	400 FS @ SR use TT, 4 x 100 FS RI 30 ↑E↓M↑M↓F, 4 x 50 BK Tech swim check breathing rhythm & body rotation. RI 30, 200 FS – Tech swim – Long strokes – Almost Catch ups 8 x 25M FS sprints in Pairs RI 15.
Cool Down	50 FS, 25 BK, 25 BS, 25 OC /walk etc. Min 100M
Total	1950+