











Friday March 22<sup>nd</sup> 2024 – Breaststroke. Breathing/Gliding.

	LEVEL 1	LEVEL 2	LEVEL 3
Warm up. 	5 minute continuous easy swim. Alternate between; 100m FS kick/100m FS/100m BK kick. (hopefully 300m)	5 minute continuous easy swim. Alternate between; 100m FS kick/100m FS/100m BK kick. (hopefully 300m)	5 minute continuous easy swim. Alternate between; 100m FS kick/100m FS/100m BK kick. (hopefully 300m)
Drills. 	<b>1) BREATHING. HEAD LOCKED, CHIN IN.</b> <b>4 x 25m. RI 15 sec.</b> Keep head in line with straight upper torso. <b>Swap the tennis ball around.</b> <u>The arm-pull lifts the shoulders &amp; head up to breathe.</u> <b>2) THE GLIDE. Normal BS with 2s glide.</b> <b>4 x 25m. RI 15 sec.</b> Pause for 2 sec glide at end of each kick. <u>Don't hurry it, feel the glide!!</u> (200)	<b>1) BREATHING. HEAD LOCKED, CHIN IN.</b> <b>4 x 25m. RI 15 sec.</b> Keep head in line with straight upper torso. <b>Swap the tennis ball around.</b> <u>The arm-pull lifts the shoulders &amp; head up to breathe.</u> <b>2) THE GLIDE. Normal BS with 2s glide.</b> <b>4 x 25m. RI 15 sec.</b> Pause for 2 sec glide at end of each kick. <u>Don't hurry it, feel the glide!!</u> (200)	<b>1) BREATHING. HEAD LOCKED, CHIN IN.</b> <b>4 x 25m. RI 15 sec.</b> Keep head in line with straight upper torso. <b>Swap the tennis ball around.</b> <u>The arm-pull lifts the shoulders &amp; head up to breathe.</u> <b>2) THE GLIDE. Normal BS with 2s glide.</b> <b>4 x 25m. RI 15 sec.</b> Pause for 2 sec glide at end of each kick. <u>Don't hurry it, feel the glide!!</u> (200)
Main set	<b>1) Pyramid FS. RI 20s.</b> Med. Count SPL. 50,100,150,100,50. Are SPL consistent? <b>2) 1 x 50m OC, not FS.</b> Recovery. <b>3) 2 x 100m. BS. RI 20s.</b> Easy until last lap then harder to end. <u>Practice drills!!!</u> <b>4) 1 x 50m. OC, not FS.</b> Recovery. Easy, stretch out, relax. <b>5) 4 x 25m. FS kick - board. RI 20s.</b> Med. <b>6) 4 x 25m. FS sprints on 60 sec.</b> Hard!! (950)	<b>1) Pyramid FS. RI 20s.</b> Med. SPL or TT. 50,100,200,100,50. Are SPL consistent? <b>2) 1 x 50m OC, not FS.</b> Recovery. <b>3) 2 x 100m. BS. RI 20s.</b> Easy until last lap then harder to end. <u>Practice drills!!!</u> <b>4) 1 x 50m. OC, not FS.</b> Recovery. Easy, stretch out, relax. <b>5) 4 x 25m. FS kick - board. RI 20s.</b> Med. <b>6) 4 x 25m. BS kick - board. RI 20s.</b> Easy. <b>7) 4 x 50m. FS sprints on 1m20s.</b> Hard!! (1200)	<b>1) Pyramid FS. RI 20s.</b> Med. SPL or TT. 50,100,200,100,50. Are SPL consistent? <b>2) 1 x 100m BK.</b> Recovery. <b>3) 2 x 100m. BS. RI 20s.</b> Easy until last lap then harder to end. <u>Practice drills!!!</u> <b>4) 1 x 100m. BK.</b> Recovery. Easy, stretch out, relax. <b>5) 4 x 25m. FS kick - board. RI 20s.</b> Med. <b>6) 4 x 25m. BS kick - board. RI 20s.</b> Easy. <b>7) 6 x 50m. FS sprints on 1m20s.</b> Hard!! (1400)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)	OC - BK, walk, slow BR. Your choice. (100)	OC - BK, walk, slow BR. Your choice. (100)
Total	1650	1800	2000

	<b>LEVEL 1</b>
Warm up. 	5 minute continuous easy swim. Alternate between; 100m FS kick/100m FS/100m BK kick. (hopefully 300m)
Drills. 	<b>1) BREATHING. HEAD LOCKED, CHIN IN. 4 x 25m. RI 15 sec.</b> Keep head in line with straight upper torso. <b><i>Swap the tennis ball around.</i></b> <u>The arm-pull lifts the shoulders &amp; head up to breathe.</u> <b>2) THE GLIDE. Normal BS with 2s glide. 4 x 25m. RI 15 sec.</b> Pause for 2 sec glide at end of each kick. <u>Don't hurry it, feel the glide!!</u> (200)
Main set	<b>1) Pyramid FS. RI 20s.</b> Med. Count SPL. 50,100,150,100,50. Are SPL consistent? <b>2) 1 x 50m OC, not FS.</b> Recovery. <b>3) 2 x 100m. BS. RI 20s.</b> Easy until last lap then harder to end. <u>Practice drills!!!</u> <b>4) 1 x 50m. OC, not FS.</b> Recovery. Easy, stretch out, relax. <b>5) 4 x 25m. FS kick - board. RI 20s.</b> Med. <b>6) 4 x 25m. FS sprints on 60 sec.</b> Hard!! (950)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	1650

	<b>LEVEL 2</b>
Warm up. 	5 minute continuous easy swim. Alternate between; 100m FS kick/100m FS/100m BK kick. (hopefully 300m)
Drills. 	<b>1) BREATHING. HEAD LOCKED, CHIN IN. 4 x 25m. RI 15 sec.</b> Keep head in line with straight upper torso. <b><i>Swap the tennis ball around.</i></b> <u>The arm-pull lifts the shoulders &amp; head up to breathe.</u> <b>2) THE GLIDE. Normal BS with 2s glide. 4 x 25m. RI 15 sec.</b> Pause for 2 sec glide at end of each kick. <u>Don't hurry it, feel the glide!!</u> (200)
Main set	<b>1) Pyramid FS. RI 20s.</b> Med. SPL or TT. 50,100,200,100,50. Are SPL consistent? <b>2) 1 x 50m OC, not FS.</b> Recovery. <b>3) 2 x 100m. BS. RI 20s.</b> Easy until last lap then harder to end. <u>Practice drills!!!</u> <b>4) 1 x 50m. OC, not FS.</b> Recovery. Easy, stretch out, relax. <b>5) 4 x 25m. FS kick - board. RI 20s.</b> Med. <b>6) 4 x 25m. BS kick - board. RI 20s.</b> Easy. <b>7) 4 x 50m. FS sprints on 1m20s.</b> Hard!! (1200)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	1800

	<b>LEVEL 3</b>
Warm up. 	5 minute continuous easy swim. Alternate between; 100m FS kick/100m FS/100m BK kick. (hopefully 300m)
Drills. 	<p><b>1) BREATHING. HEAD LOCKED, CHIN IN. 4 x 25m. RI 15 sec.</b> Keep head in line with straight upper torso. <b><i>Swap the tennis ball around.</i></b> <u>The arm-pull lifts the shoulders &amp; head up to breathe.</u></p> <p><b>2) THE GLIDE. Normal BS with 2s glide. 4 x 25m. RI 15 sec.</b> Pause for 2 sec glide at end of each kick. <u>Don't hurry it, feel the glide!!</u>            (200)</p>
Main set	<p><b>1) Pyramid FS. RI 20s.</b> Med. SPL or TT. 50,100,200,100,50. Are SPL consistent?</p> <p><b>2) 1 x 100m BK.</b> Recovery.</p> <p><b>3) 2 x 100m. BS. RI 20s.</b> Easy until last lap then harder to end. <u>Practice drills!!!</u></p> <p><b>4) 1 x 100m. BK.</b> Recovery. Easy, stretch out, relax.</p> <p><b>5) 4 x 25m. FS kick - board. RI 20s.</b> Med.</p> <p><b>6) 4 x 25m. BS kick - board. RI 20s.</b> Easy.</p> <p><b>7) 6 x 50m. FS sprints on 1m20s.</b> Hard!!            (1400)</p>
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	2000

	<b>DISTANCE PEOPLE</b>
Warm up. 	5 minute continuous easy swim. Alternate between; 100m FS kick/100m FS/100m BK kick. (hopefully 300m)
Drills. 	<b>1) BREATHING. HEAD LOCKED, CHIN IN. 4 x 25m. RI 15 sec.</b> Keep head in line with straight upper torso. <b><i>Swap the tennis ball around.</i></b> <u>The arm-pull lifts the shoulders &amp; head up to breathe.</u> <b>2) THE GLIDE. Normal BS with 2s glide. 4 x 25m. RI 15 sec.</b> Pause for 2 sec glide at end of each kick. <u>Don't hurry it, feel the glide!!</u> (200)
Main set	<b>1) Pyramid FS. RI 20s.</b> Med. SPL or TT. 100,200,300,200,100. Are SPL consistent? <b>2) 1 x 100m BK.</b> Recovery. <b>3) 2 x 100m. BS. RI 20s.</b> Easy until last lap then harder to end. <u>Practice drills!!!</u> <b>4) 1 x 100m. BK.</b> Recovery. Easy, stretch out, relax. <b>5) 4 x 25m. FS kick - board. RI 20s.</b> Med. <b>6) 6 x 50m. FS sprints on 1m20s.</b> Hard!! (1700)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	2300