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

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

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

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

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

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