




Date: Sunday 7th April '24. Notices: Sunday 14 & Tues 16th April Club HAG – Entries ASAP. **Training Emphasis:** Race Prep for HAG/Masters events = plan your own race! Get the dives and turns right for the stroke, Know the stroke rules. Caution: HIT program -Take the rest periods – you will need them. Dive/Starts will be in Lane 6, L1/2/3 will move over lanes as necessary. **Equipment:** Fins.

Level	Level 1	Level 2	Level 3 / L3Distance
W/ up	5-10 Mins = 100 SKiPS FS, 100 Swim OC, 50 Kick OC plus 50 swim OC swim till the whistle goes 🙋🙋. Target L1 = 250, L2 = 300, L3/L3D = 400		
Main 1 All lanes	25M FS sprints- Lane 3 /Lane 4 every 40 secs x 8, Lane 5 – every 50 secs x 6, Lane 6 every 60 secs = 4 100 OC easy recovery. [200/150/100]		
Main set 2	Starts at Deep end – 10 mins 4 x dives (FS/BS), 2 x BK	4 x 50 OC - Work the turns. (1 st = 80%, 2 nd = 90%, 60 sec walk recovery 3 rd = 85%, 4 th = 95%) RI 40-60 [200]	6 x 50 OC (1 st = 80%, 2 nd = 85%, 3 rd = 85%, 4 th = 80%, 5 & 6 = 90%) or 3 x 100 OC (1 st = 75 -80%, 2 nd = 80-85%, 3 rd = 85-95%. Work the turns. RI 40 – 60 + 60 sec walk recovery at the end [300] L3D = 2 x 200 FS even pace – sprint last lap. RI 30-45
Main set 3	Use lane 5 4 x 50 OC (1 st = 80%, 2 nd = 90%, 60 secs walk recovery 3 rd = 85%, 4 th = 95%) RI 40-60 60 secs walk recovery [200]	Starts at Deep end – 10 mins – Use Lane 6 4 x dives (FS/BS), 2 x BK	4 x 100 “A” - pacing RI 30-40 1 st = 80%, 2 nd = 85%, 3 rd = 80%, 4 th = 90% 100 OC easy recovery/ or walk 90 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 90 secs [700] L3D = 400 FS (split 100s -M/E/M/F)
Main set 4	Use Lane 5 for swim. Lane 4 for turns 2 x 100 “A” 1 st = 80%, 2 nd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 60 secs [500]	Use lane 5 to swim or Lane 3/ 4 for turns 3 x 100 “A” RI 30-40 1 st = 80%, 2 nd = 85%, 3 rd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 60 secs [600]	Starts at Deep end – 10 mins Use lane 6 4 x dives (FS/BS), 2 x BK + sprints 2 x 100 FS - even pace RI 20-30 Lane 3 & 4 available for turns – both ends. [200]
Relays	Relays & Dives/SOTW/Glides		
C/Down	100 OC		
Total	1250+ Relays + turns etc	1350+ Relays + turns etc	1700+ Relays + turns etc

Level 1	Training Emphasis: Race Prep for HAG.
Warm up 250	5-10 Mins  100 SKiPS FS, 100 Swim OC, 50 Kick OC, 50 Swim OC, - Target = min 250M.
Main set 1 [200]	4 x 25M FS sprints- every 60 secs 100 OC easy recovery.
Skill 1	Starts at Deep end – 10 mins 4 x dives (FS/BS), 2 x BK
Main 2 [200]	Use lane 5 4 x 50 OC RI 40-60 1 st = 80%, 2 nd = 90%, 60 secs walk recovery, 3 rd = 85%, 4 th = 95)
Main 3 [500]	Stay in Lane 5 to swim. Turns practice go to Lane 3 2 x 100 “A” 1 st = 80%, 2 nd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% 100 OC easy recovery/ or walk 60 secs
Skill 2	Relays & Dives/SOTW/Glides
Cool Down	100 OC
Total	1250+ Relays etc.

Level 2	Training Emphasis: Race Prep for HAG.
Warm up 300	5-10 Mins 🙋🙋 100 SKiPS FS, 100 Swim OC, 50 Kick OC, 50 Swim OC - Target = 300M. Swim till the whistle goes.
Main set 1 [250]	6 x 25M FS sprints- every 50 secs 100 OC easy recovery.
Main 2 [200]	4 x 50 OC - Work the turns. RI 40-60 1 st = 80%, 2 nd = 90%, 60 secs walk recovery, 3 rd = 85%, 4 th = 95%
Skill 1	Starts at Deep end – 10 mins – Use Lane 6
Main 3 [600]	Use lane 4 – Note Turns Practice in Lane 3 3 x 100 “A” RI 30-40 1 st = 80%, 2 nd = 85%, 3 rd = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% RI 30 100 OC easy recovery/ or walk 60 secs
Skill 2	Relays, STOW, Dives and Glides
Cool Down	100 OC
Total	1350+ +Relays etc.

Level 3	Training Emphasis: Race Prep for HAG.
Warm up 400	10 Mins  100 SKiPS FS, 100 Swim OC, 50 Kick OC, 50 OC swim, repeat-till the whistle goes. Target = 400M.
Main 1 [300]	6 x 50 OC - Work the turns. RI 40 – 60 1 st = 80%, 2 nd = 85%, 3 rd = 85%, 4 th = 80%, Rest 60 secs 5 th = 90%, 6 th = 90%+ Or 3 x 100 RI 40 – 60 1 st = 75 -80%, 2 nd = 80-85%, 3 rd = 85-95%. Work the turns. 60 sec walk recovery at the end
Main 2 [700]	4 x 100 “A” RI 30-40 1 st = 80%, 2 nd = 85%, 3 rd = 80%, 4 th = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% RI 30-40 100 OC easy recovery/ or walk 60 secs
Skill 1 200 + dashes	Starts at Deep end – 10 mins Use Lane 6 1 lap sprints after dive. Lane 6 swim 2 x 100 FS - even pace RI 20-30 Turns practice go to lanes 3/4
Skill 2	Relays, Dives and Glides, STOW /Glides & when to commence your stroke.
Cool Down	100 OC
Total	1700+ relays etc.

Level 3D	Training Emphasis: Race Prep for HAG.
Warm up 400	5-10 Mins  100 SKiPS FS, 100 Swim OC, 50 Kick OC, 50 OC swim, repeat- till the whistle goes. Target = 400M.
Main 1 [400]	Option 1 = 4 x 100 FS RI 40 – 60 1 st = 75 -80%, 2 nd = 80-85%, 3 & 4 = 85-95%. Work the turns. 60 sec walk recovery at the end Option 2 = 2 x 200 FS – even pace – sprint the last lap RI 30-45
Main 2 [800]	Option 1 = 4 x 100 “A” RI 30-40 1 st = 80%, 2 nd = 85%, 3 rd = 80%, 4 th = 90% 100 OC easy recovery/ or walk 60 secs 2 x 50 “B” both 90%- 95% RI 30-40 100 OC easy recovery/ or walk 60 secs Option 2 = 2 x 400 FS (split 100 = M/E/M/F) RI 60
Skill 1 200 + dashes	Starts at Deep end – 10 mins Use Lane 6 1 lap sprints after dive. Lane 6 swim 2 x 100 FS - even pace RI 20-30 Turns practice go to lanes 3/4
Skill 2	Relays, Dives and Glides, STOW /Glides & when to commence your stroke.
Cool Down	100 OC
Total	1900+ relays etc.