


**Date: Tues 28<sup>th</sup> May 24.** Notices: Sunday 2<sup>nd</sup> & Tues 4<sup>th</sup> June = Club HAG – Entries ASAP. **Training Emphasis:** Race Prep for HAG/Masters events = plan your own race! Get the dives/Starts and turns right for the stroke, Know the stroke rules. Caution: Lane situ awareness, HIT program – LOOK at the clock, know your times, Take the rest periods. Dive/Starts will be in Lane 6, L1/2/3 will move over lanes as necessary. **Equipment:** Fins/KB

Level	Level 1	Level 2	Level 3 / L3Distance
<b>W/ up</b>	10 Mins = 100 FS, 50 kick FS, 100 SKiPS BK, 50 Kick BK, 100 swim OC - swim till the whistle goes.  Target L1 = 300, L2 = 350, L3/L3D = 400		
<b>Main 1</b> All lanes	General Focus points = SOTW, when to kick/how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 25M OC sprints- Lane 3 /Lane 4 every 50 secs x 8, Lane 5 – every 55 secs x 6, Lane 6 every 60 secs = 4. 100 OC easy recovery. [L3 =300/L2=250/L1=200]		
<b>Main set 2</b>	Starts at Deep end – 10 mins 2 x FS, 2 x BS/Fly, 2 x BK 1 x OC incl sprint 25M	4 x 50 OC - Work the turns. RI 40-60 (1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90%, 60 sec walk recovery 3 <sup>rd</sup> = 85%, 4 <sup>th</sup> = 95%) [200]	6 x 50 OC varying pace (1 & 4 = 80%, 2 & 3 = 85%, 5 & 6 = 90%) <b>or</b> 3 x 100 OC (1 <sup>st</sup> = 75 -80%, 2 <sup>nd</sup> = 80-85%, 3 <sup>rd</sup> = 85-95%. Work the turns. RI 40 – 60 + 60 sec walk recovery at the end [300]/ L3D[400] L3D = 2 x 200 FS even pace – sprint last lap. RI 30-45
<b>Main set 3</b>	<b>Use lane 5</b> 4 x 50 OC (1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90%, 60 secs walk recovery 3 <sup>rd</sup> = 85%, 4 <sup>th</sup> = 95%) RI 40-60 60 secs walk recovery [200]	Starts at Deep end – 10 mins – Use Lane 6 2 x FS, 2 x BS/Fly, 2 x BK 1 x OC incl sprint 25M	4 x 100 “A” - pacing or building RI 30-40 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 80%, 4 <sup>th</sup> = 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] <b>L3D</b> = 400 FS (split 100s -M/E/M/F), 3 x 100 FS building RI30 (700)
<b>Main set 4</b>	<b>Use Lane 5 for swim. Lane 3 for turns. Open at shallow end /use deep end for Tumbles</b> 2 x 100 “A” RI 40 - build the swim or 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 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]	<b>Use lane 4 to swim or Lane 3 for turns. Open at shallow end /use deep end for Tumbles</b> 3 x 100 “A” RI 30-40 -build the swim or 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 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 <b>Use lane 6</b> 2 x FS, 2 x BS/Fly, 2 x BK 1 x OC incl sprint 25M  1 x 100 FS - even pace RI 20-30 1 x 100 OC or IM [225]
<b>Relays</b>	Relays – FS/Medley, More Dives & starts/ Turns = Open /Tumble		
<b>C/Down</b>	100 OC		
<b>Total</b>	1325+ Relays + turns etc	1475+ Relays + turns etc	L3/D = 2025+/2125+ Relays + turns etc

<b>Level 1</b>	<b>Training Emphasis:</b> Race Prep for HAG.
<b>Warm up</b> 300 🏊🏊	10 Mins = 100 FS, 50 kick FS, 100 SKiPS BK, 50 Kick BK, 100 swim OC - swim till the whistle goes. Target L1 = 300
<b>Main set 1</b> [200]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 4 x 25 OC sprints - going every 60 secs 100 OC easy recovery.
<b>Skill 1</b>	Starts at Deep end – 10 mins 2 x FS, 2 x BS/Fly, 2 x BK 1 x OC incl sprint 25M
<b>Main 2</b> [200]	<b>Use lane 5</b> 4 x 50 OC RI 40-60 - Don't forget to CK your technique! 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90%, 60 secs walk recovery, 3 <sup>rd</sup> = 85%, 4 <sup>th</sup> = 95%)
<b>Main 3</b> [500]	Stay in Lane 5 to swim. Turns practice go to Lane 3 (open turns at the shallow end /Tumble turns at Deep end)  2 x 100 "A" – build the swim or 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90%  100 OC easy recovery/ or walk 60 secs  2 x 50 "B" both 90%- 95%  100 OC easy recovery/ or walk 60 secs
<b>Skill 2</b>	Relays & Dives/Starts/Turns
<b>Cool Down</b>	100 OC
<b>Total</b>	1325+ Relays etc.

<b>Level 2</b>	<b>Training Emphasis:</b> Race Prep for HAG.
<b>Warm up</b> 350 🏊🏊	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target = 350
<b>Main set 1</b> [250]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 6 x 25 OC sprints - going every 55 secs 100 OC easy recovery.
<b>Main 2</b> [200]	4 x 50 OC - Work the turns. RI 40-60 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 90%, 60 secs walk recovery, 3 <sup>rd</sup> = 85%, 4 <sup>th</sup> = 95%
<b>Skill 1</b>	Starts at Deep end – 10 mins – Use Lane 6 2 x FS, 2 x BS/Fly, 2 x BK 1 x OC incl sprint 25M
<b>Main 3</b> [600]	<b>Use lane 4</b> – Turns practice go to Lane 3 (open turns at the shallow end /Tumble turns at Deep end)  3 x 100 “A” RI 30-40 – Build the swim or 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 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
<b>Skill 2</b>	Relays, Dive & starts & turns
<b>Cool Down</b>	100 OC
<b>Total</b>	1475+ +Relays etc.

<b>Level 3</b>	<b>Training Emphasis:</b> Race Prep for HAG.
<b>Warm up</b> 400 🏊🏊	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target = 400
<b>Main 1</b> [300]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 8 x 25 OC sprints - going every 50 secs 100 OC easy recovery.
<b>Main 2</b> [700]	4 x 100 "A" RI 30-40 – pacing or building 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 80%, 4 <sup>th</sup> = 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
<b>Skill 1</b> 200 + dashes	Starts at Deep end – 10 mins <b>Use Lane 6</b> 2 x FS, 2 x BS/Fly, 2 x BK 1 x OC incl sprint 25M  <b>Turns practice go to lanes 3</b> (open turns at the shallow end /Tumble turns at Deep end) <b>Lane 6 swim</b> 1 x 100 FS - even pace RI 20-30 1 x OC or IM
<b>Skill 2</b>	Relays, Dives and starts & turns
<b>Cool Down</b>	100 OC
<b>Total</b>	2025+ relays etc.

<b>Level 3D</b>	<b>Training Emphasis:</b> Race Prep for HAG.
<b>Warm up</b> 400 🏊🏊	10 Mins = 50 Swim FS 50 kick FS, 100 SKiPS BK, 100 Swim OC, 50 Kick BK, 50 swim OC - swim till the whistle goes. Target = 400
<b>Main 1</b> [300]	General Focus points = SOTW, when to kick and how many, when to get for first arm stroke in, Kick it home from 10M to go, don't breathe inside 5M to go etc. 8 x 25 OC sprints - going every 50 secs 100 OC easy recovery.
<b>Main 2</b> 700	<b>Option 1 =</b> 4 x 100 "A" RI 30-40 1 <sup>st</sup> = 80%, 2 <sup>nd</sup> = 85%, 3 <sup>rd</sup> = 80%, 4 <sup>th</sup> = 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 <b>Option 2 =</b> 1 x 400 FS (split 100 = M/E/M/F) RI 60 3 x 100 FS Building RI 45
<b>Skill 1</b> 200 + dashes	Starts at Deep end – 10 mins <b>Use Lane 6</b> 2 x FS, 2 x BS/Fly, 2 x BK 1 x OC incl sprint 25M  <b>Turns practice go to lanes 3</b> (open turns at the shallow end /Tumble turns at Deep end) <b>Lane 6 swim</b> 1 x 100 FS - even pace RI 20-30 1 x OC or IM
<b>Skill 2</b>	Relays, Dives and Starts /turns
<b>Cool Down</b>	100 OC
<b>Total</b>	2125+ relays etc.