











Friday May 31st 2024 – Starts and race prep.

	LEVEL 1	LEVEL 2	LEVEL 3
Warm up. 	100m FS kick, 100m FS swim, 100m OC repeat until coach signals main set. (hopefully 300m)	100m FS kick, 100m FS swim, 100m OC repeat until coach signals main set. (hopefully 350m)	100m FS kick, 100m FS swim, 100m OC repeat until coach signals main set. (hopefully 400m)
Main set 	<p>1) 3 x 50m. FS RI 30s. Easy. Remember wall disciplines – SOTW, head down to wall, limit breath into/out of walls.</p> <p>2) 2 x 50m. OC (not FS) RI 30s. Easy. Correct disciplines for that stroke.</p> <p>3) 3 x 50m. FS. RI 30s. 1st lap easy, then HARD to end. Race finish.</p> <p>4) 1 x 100m. ↑OC↓FS. M pace.</p> <p>5) 4 x 25m. FS kick RI 30s. Med/hard pace. Work the legs. (600)</p>	<p>1) 4 x 50m. FS RI 30s. Easy. Remember wall disciplines – SOTW, head down to wall, limit breath into/out of walls.</p> <p>2) 2 x 50m. OC (not FS) RI 30s. Easy. Correct disciplines for that stroke.</p> <p>3) 4 x 50m. FS. RI 30s. 1st lap easy, then HARD to end. Race finish.</p> <p>4) 2 x 100m. ↑OC↓FS. M pace.</p> <p>5) 4 x 25m. FS kick RI 30s. Med/hard pace. Work the legs. (800)</p>	<p>1) 4 x 50m. FS RI 30s. ↑Easy↓Med. Remember wall disciplines – SOTW, head down to wall, limit breath at walls.</p> <p>2) 2 x 100m. OC (not FS) RI 30s. Easy. Correct disciplines for that stroke.</p> <p>3) 4 x 50m. FS. RI 30s. 1st lap easy, then HARD to end. Race finish.</p> <p>4) 2 x 100m. ↑OC↓FS. M pace.</p> <p>5) 4 x 50m. FS kick RI 30s. Med/hard pace. Work the legs. (1000)</p>
Drills	<p>All to blocks end of pool.</p> <p>1) START PROTOCOLS - marshalling, whistle procedures, start from blocks/edge/water?</p> <p>2) THE START. Stance on blocks? Movement on blocks? Streamline off the dive, kick, & stroke (breaths?)</p> <p>10 mins practice at blocks with coach.</p> <p>3) Walk-backs if time.</p>	<p>All to blocks end of pool.</p> <p>1) START PROTOCOLS - marshalling, whistle procedures, start from blocks/edge/water?</p> <p>2) THE START. Stance on blocks? Movement on blocks? Streamline off the dive, kick, & stroke (breaths?)</p> <p>10 mins practice at blocks with coach.</p> <p>3) Walk-backs if time.</p>	<p>All to blocks end of pool.</p> <p>1) START PROTOCOLS - marshalling, whistle procedures, start from blocks/edge/water?</p> <p>2) THE START. Stance on blocks? Movement on blocks? Streamline off the dive, kick, & stroke (breaths?)</p> <p>10 mins practice at blocks with coach.</p> <p>3) Walk-backs if time.</p>
Cool Down.	2 x 25m OC slow. Also back scull, walk. (min 100)	2 x 25m OC slow. Also back scull, walk. (min 100)	2 x 25m OC slow. Also back scull, walk. (min 100)
Total	1000	1250	1500

	LEVEL 1
Warm up. 	100m FS kick, 100m FS swim, 100m OC repeat until coach signals main set. (hopefully 300m)
Main set 	<p>1) 3 x 50m. FS RI 30s. Easy. Remember wall disciplines – SOTW, head down to wall, limit breath into/out of walls.</p> <p>2) 2 x 50m. OC (not FS) RI 30s. Easy. Correct disciplines for that stroke.</p> <p>3) 3 x 50m. FS. RI 30s. 1st lap easy, then <u>HARD</u> to end. Race finish.</p> <p>4) 1 x 100m. ↑OC↓FS. <u>M</u> pace.</p> <p>5) 4 x 25m. FS kick RI 30s. Med/hard pace. Work the legs. (600)</p>
Drills.	<p style="text-align: center;"><u>All to blocks end of pool.</u></p> <p>1) START PROTOCOLS - marshalling, whistle procedures, start from blocks/edge/water?</p> <p>2) THE START. Stance on blocks? Movement on blocks? Streamline off the dive, kick, & stroke (breaths?) 10 mins practice at blocks with coach.</p> <p>3) Walk-backs if time.</p>
Cool Down.	2 x 25m OC slow. Also back scull, walk. (min 100)
Total	1000

	LEVEL 2
Warm up. 	100m FS kick, 100m FS swim, 100m OC repeat until coach signals main set. (hopefully 350m)
Main set 	<p>1) 4 x 50m. FS RI 30s. Easy. Remember wall disciplines – SOTW, head down to wall, limit breath into/out of walls.</p> <p>2) 2 x 50m. OC (not FS) RI 30s. Easy. Correct disciplines for that stroke.</p> <p>3) 4 x 50m. FS. RI 30s. 1st lap easy, then <u>HARD</u> to end. Race finish.</p> <p>4) 2 x 100m. ↑OC↓FS. <u>M</u> pace.</p> <p>5) 4 x 25m. FS kick RI 30s. Med/hard pace. Work the legs. (800)</p>
Drills.	<p style="text-align: center;"><u>All to blocks end of pool.</u></p> <p>1) START PROTOCOLS - marshalling, whistle procedures, start from blocks/edge/water?</p> <p>2) THE START. Stance on blocks? Movement on blocks? Streamline off the dive, kick, & stroke (breaths?)</p> <p>10 mins practice at blocks with coach.</p> <p>3) Walk-backs if time.</p>
Cool Down.	2 x 25m OC slow. Also back scull, walk. (min 100)
Total	1250

	LEVEL 3
Warm up. 	100m FS kick, 100m FS swim, 100m OC repeat until coach signals main set. (hopefully 400m)
Main set 	<p>1) 4 x 50m. FS RI 30s. ↑Easy↓Med. Remember wall disciplines – SOTW, head down to wall, limit breath at walls.</p> <p>2) 2 x 100m. OC (not FS) RI 30s. Easy. Correct disciplines for that stroke.</p> <p>3) 4 x 50m. FS. RI 30s. 1st lap easy, then <u>HARD</u> to end. Race finish.</p> <p>4) 2 x 100m. ↑OC↓FS. <u>M</u> pace.</p> <p>5) 4 x 50m. FS kick RI 30s. Med/hard pace. Work the legs. (1000)</p>
Drills.	<p style="text-align: center;"><u>All to blocks end of pool.</u></p> <p>1) START PROTOCOLS - marshalling, whistle procedures, start from blocks/edge/water?</p> <p>2) THE START. Stance on blocks? Movement on blocks? Streamline off the dive, kick, & stroke (breaths?) 10 mins practice at blocks with coach.</p> <p>3) Walk-backs if time.</p>
Cool Down.	2 x 25m OC slow. Also back scull, walk. (min 100)
Total	1500

	Level 3A DISTANCE
Warm up. 	100m FS kick, 100m FS swim, 100m OC repeat until coach signals main set. (hopefully 400m)
Main set 	<p>1) 4 x 100m. FS, RI 30s. ↑Easy↓Med. Remember wall disciplines – SOTW, head down to wall, limit breath at walls.</p> <p>2) 1 x 100m. OC (not FS). Easy. Correct disciplines for that stroke.</p> <p>3) 2 x 200 FS. RI 30s. (swim it as 100E, 50M, 50H). HARD to end. Race finish.</p> <p>4) 1 x 100m. OC (not FS). Recovery.</p> <p>5) 4 x 50m. FS kick RI 30s. Med/hard pace. Work the legs. (1200)</p>
Drills.	<p><u>All to blocks end of pool.</u></p> <p>1) START PROTOCOLS - marshalling, whistle procedures, start from blocks/edge/water?</p> <p>2) THE START. Stance on blocks? Movement on blocks? Streamline off the dive, kick, & stroke (breaths?) 10 mins practice at blocks with coach.</p> <p>3) Walk-backs if time.</p>
Cool Down.	2 x 25m OC slow. Also back scull, walk. (min 100)
Total	1700