Friday May 31st 2024 – Starts and race prep.

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

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

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

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

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