













Friday June 7th 2024 – Free. Leverage/Power, Mixed intensity.

	LEVEL 1	LEVEL 2	LEVEL 3 & Dist.
Warm up. 	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 300m)	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 300m)	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 300m)
Drills. 	1) FS with paddles. 4 x 25m. RI 20s. Focus on 'catch & push' against water. Start with wrist & bicep. Feel the surge forward. 2) 4 x 25m FS Power kick - flags to wall. RI 20s. Easy for 1 st ¾ lap then HUGE effort kick to wall. (200)	1) FS with paddles. 4 x 25m. RI 20s. Focus on 'catch & push' against water. Start with wrist & bicep. Feel the surge forward. 2) 4 x 25m FS Power kick - flags to wall. RI 20s. Easy for 1 st ¾ lap then HUGE effort kick to wall. (200)	1) FS with paddles. 4 x 25m. RI 20s. Focus on 'catch & push' against water. Start with wrist & bicep. Feel the surge forward. 2) 4 x 25m FS Power kick - flags to wall. RI 20s. Easy for 1 st ¾ lap then HUGE effort kick to wall. (200)
Main set. 	1) 4 x 50m. FS paddles. RI 20s. Build speed Easy to Hard through the 50m. 2) 50m OC. Recovery. 3) Pyramid FS. RI 20s. 25/50/100/50/25. 25's HARD, 50's MED, 100 EASY. 4) 2 x 50m. OC. Recovery 5) 4 x 25m. FS kick - board. RI 30s. Med. 6) 4 x 25m. FS on 1m.20s. RI 30s. Hard. (800)	1) 4 x 50m. FS paddles. RI 20s. Build speed Easy to Hard through the 50m. 2) 50m OC. Recovery. 3) Pyramid FS. RI 20s. 50/100/200/100/50. 50's HARD, 100's MED, 200 EASY. 4) 50m. OC. Recovery 5) 4 x 25m. FS or OC kick. RI 30s. Med. 6) 4 x 25m. FS on 1m.10s. RI 30s. Hard. (1000)	1) 4 x 50m. FS paddles. RI 20s. Build speed Easy to Hard through the 50m. 2) 50m OC. Recovery. 3) Pyramid FS. RI 20s. 50/100/200/100/50. 50's HARD, 100's MED, 200 EASY. 4) 50m. OC. Recovery 5) 4 x 50m. Dolphin kick on back - FINS. RI 20s. Hard. 6) 4 x 50m. FS on 1m.20s. RI 30s. Sprint. (1200)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)	OC - BK, walk, slow BR. Your choice. (100)	OC - BK, walk, slow BR. Your choice. (100)
Total	1400	1600	1800

	LEVEL 1
Warm up. 	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 300m)
Drills. 	1) FS with paddles. 4 x 25m. RI 20s. Focus on 'catch & push' against water. Start with wrist & bicep. Feel the surge forward. 2) 4 x 25m FS Power kick - flags to wall. RI 20s. Easy for 1 st ¾ lap then HUGE effort kick to wall. (200)
Main set 	1) 4 x 50m. FS paddles. RI 20s. Build speed Easy to Hard through the 50m. 2) 50m OC. Recovery. 3) Pyramid FS. RI 20s. 25/50/100/50/25. 25's HARD, 50's MED, 100 EASY. 4) 2 x 50m. OC. Recovery 5) 4 x 25m. FS kick - board. RI 30s. Med. 6) 4 x 25m. FS on 1m.20s. RI 30s. Hard. (800)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	1400

	LEVEL 2
Warm up. 	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 300m)
Drills. 	1) FS with paddles. 4 x 25m. RI 20s. Focus on 'catch & push' against water. Start with wrist & bicep. Feel the surge forward. 2) 4 x 25m FS Power kick - flags to wall. RI 20s. Easy for 1 st ¾ lap then HUGE effort kick to wall. (200)
Main set 	1) 4 x 50m. FS paddles. RI 20s. Build speed Easy to Hard through the 50m. 2) 50m OC. Recovery. 3) Pyramid FS. RI 20s. 50/100/200/100/50. 50's HARD, 100's MED, 200 EASY. 4) 50m. OC. Recovery 5) 4 x 25m. FS or OC kick. RI 30s. Med. 6) 4 x 25m. FS on 1m.10s. RI 30s. Hard. (1000)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	1600

	LEVEL 3 & Dist.
Warm up. 	Alternate between; 100 FS Pull Buoy/no kick. 100 FS kick with board. 100 BK or BS. (hopefully 300m)
Drills. 	1) FS with paddles. 4 x 25m. RI 20s. Focus on 'catch & push' against water. Start with wrist & bicep. Feel the surge forward. 2) 4 x 25m FS Power kick - flags to wall. RI 20s. Easy for 1 st ¾ lap then HUGE effort kick to wall. (200)
Main set  Note # 5	1) 4 x 50m. FS paddles. RI 20s. Build speed Easy to Hard through the 50m. 2) 50m OC. Recovery. 3) Pyramid FS. RI 20s. 50/100/200/100/50. 50's HARD, 100's MED, 200 EASY. 4) 50m. OC. Recovery 5) 4 x 50m. Dolphin kick on back - FINS. RI 20s. Hard. 6) 4 x 50m. FS on 1m.20s. RI 30s. Sprint. (1200)
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	1800