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

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

	LEVEL 1
Warm up.	Alternate between;
WID	100 FS Pull Buoy/no kick.
0	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
WID	& bicep. Feel the surge forward.
∪ <i>O</i>	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.
W.	3) Pyramid FS. RI 20s. 25/50/100/50/25. 25's
(SB)	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	OC - BK, walk, slow BR. Your choice.
Down.	(100)
Total	1400

	LEVEL 2	
Warm up.	Alternate between;	
WID	100 FS Pull Buoy/no kick.	
0	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	
WID	& bicep. Feel the surge forward.	
∪ <i>0</i>	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	
W.	Easy to Hard through the 50m.	
(SE)	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	OC - BK, walk, slow BR. Your choice.	
Down.	(100)	
Total	1600	

	LEVEL 3 & Dist.	
Warm up.	Alternate between;	
WID	100 FS Pull Buoy/no kick.	
00	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	
WID	& bicep. Feel the surge forward.	
9	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.	
W.	2) 50m OC. Recovery.	
(SB)	3) Pyramid FS. RI 20s. 50/100/200/100/50.	
Note # 5	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	OC - BK, walk, slow BR. Your choice.	
Down.	(100)	
Total	1800	