
















**Date: Sunday 9<sup>th</sup> June 2024. Notices: Nil. Check the FS tips sheet. Training Emphasis:** - Moving to Cycle #4, week 1 = back to FS. Maintenance phase low to medium volume with mixed intensity sets. **Weekly drill theme** =FS - Stroke Leverage and power - finding initiation point and working thru the phases – catch, pull, push, recovery. **Caution:** Reminder of body rotation to help free up the shoulders to move without pain. **Equipment:** Fins

<b>Warm up</b>	L1 = 300 mix/FS/BK ↑Swim ↓Kick. L2 = 350 mix/FS/BK ↑Swim ↓Kick. L3/DT = 400 mix/FS/BK ↑Swim ↓Kick. 	
<b>Drill/Skill items</b> 	<p>RI 15 on each 25M. Keep kicking when in hold/pause position. Swim 2 x 25 on each #1-4. Initiating a pause/2 sec hold in each position. Other non-stroking arm is held in front (just below the water line – thumb facing forward).</p> <p><b>FS Stroke Leverage and Power. The 4 x key position holds (4 x 25 on hold then stroke as normal to return then swap arms for next hold).</b></p> <ol style="list-style-type: none"> <li><b>Front (3-4 inches below the water line)</b> Start the “CATCH” arm extended out in front, fingers lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder.</li> <li><b>EVF (Early Vertical Forearm)</b> Hold in high elbow catch position, fingers pointing down to the bottom of the pool. This is also where the acceleration should have started to take effect</li> <li><b>Mid-point (“C” position).</b> Hold at Approx 100/120 degrees (side view = fingers, elbow, shoulder in online), front view, elbow slightly out to side (form a “letter “C”)</li> <li><b>Exit (push out)</b> - Palm of hand facing mostly behind you next between hip/thigh, elbow slight bent.</li> </ol> <p>4 x 25 FS normal stroke rhythm. (300)</p>	
Note - Do mid point in main set	Swim slow FS = 5 mins. 2 beat kick. Nail the hand entry (fingertips first/thumb point to end of pool), slide and glide entry to reach/rest point. Focus on the EVF for great leverage & powerful pull motion. Body rotation shoulder then hips. Relaxed arm recovery, elbow lead hands initially and is higher. Breath and roll back in as hand pass head. Back to nail the entry.	
<b>Main set</b> 	<p><b>L1 = 1000+ 5 mins</b></p> <ol style="list-style-type: none"> <li>5 x 100 RI 30. = 2 x OC (not FS), 3 x FS. (500)</li> <li>FS (75% effort) RI 15-30. 2 x 25, 2 x 50 FS, 2 x 75. (300)</li> <li>FS 5 min swim (see above)</li> <li>4 x 50 OC (75-80%) RI 30 (200)</li> </ol>	<p><b>L3= 1200+ 5 mins</b></p> <ol style="list-style-type: none"> <li>2 x 200 OC. 3 x 100 x FS RI 20. (700)</li> <li>FS (75% effort) RI 15-30. 2 x 25, 2 x 50 FS, 2 x 75. (300)</li> <li>FS 5 min swim (see above)</li> <li>4 x 50 OC (75-80%) RI 30 (200)</li> </ol>
	<p><b>L2= 1100 + 5 mins</b></p> <ol style="list-style-type: none"> <li>1 x 200 OC. 4 x 100 x FS RI 20. (600)</li> <li>FS (75% effort) RI 15-30. 2 x 25, 2 x 50 FS, 2 x 75. (300)</li> <li>FS 5 min swim (see above)</li> <li>4 x 50 OC (75-80%) RI 30 (200)</li> </ol>	<p><b>L3D/Tri = 1600+5 mins</b></p> <ol style="list-style-type: none"> <li>= 3 x 300 FS – even pace use TT. RI 30-40 (900)</li> <li>FS (75% effort) RI 15-30. 2 x 25, 2 x 50 FS, 2 x 75. (300)</li> <li>FS 5 min swim (see above)</li> <li>4 x 100 (2x FS 2 x not FS) 75-80%. RI 30 (400)</li> </ol>
<b>C/Down</b>	100 = sidestroke, BK fining, easy body dolphins, walking.	
<b>Total</b>	L1 = 1700 +. L2 =1850+. L3 = 2000+. L3D/T = 2400+	

<b>Level 1</b>	<b>Weekly Training Theme</b> = FS - Stroke Leverage and power - finding initiation point and working thru the phases – catch, pull, push, recovery
<b>Warm up</b>	300 mix/FS/BK ↑Swim ↓Kick. 
<b>Drills/Skills</b>  (300)	<p>RI 15 on each 25M. Keep kicking when in hold/pause position.</p> <p><b>Swim 2 x 25 on each #1-4.</b> Initiating a pause/2 sec hold in each position. Other non-stroking arm is held in front (just below the water line – thumb facing forward).</p> <p><b>FS Stroke Leverage and Power. The 4 x key position holds (4 x 25 on hold then stroke as normal to return then swap arms for next hold).</b></p> <ol style="list-style-type: none"> <li><b>1. Front (3-4 inches below the water line)</b> Start the “CATCH” arm extended out in front, fingers lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder.</li> <li><b>2. EVF (Early Vertical Forearm)</b> Hold in high elbow catch position, fingers pointing down to the bottom of the pool. This is also where the acceleration should have started to take effect</li> <li><b>3. Mid-point (“C” position).</b> Hold at Approx 100/120 degrees (side view = fingers, elbow, shoulder in online), front view, elbow slightly out to side (form a “letter “C”)</li> <li><b>4. Exit (push out)</b> - Palm of hand facing mostly behind you next between hip/thigh, elbow slight bent.</li> </ol> <p>4 x 25 FS normal stroke rhythm.</p>
<b>5 mins - slow swim</b>	FS with 2 beat kick. Nail the hand entry (fingertips first/thumb point to end of pool), slide and glide entry to reach/rest point. Focus on the EVF for great leverage & powerful pull motion. Body rotation shoulder then hips. Relaxed arm recovery, elbow lead hands initially and is higher. Breath and roll back in as hand pass head. Back to nail the entry.
<b>Main Set</b>  <b>1000</b>	<p>5 x 100 RI 30. = 2 x OC (not FS), 3 x FS.</p> <p>FS RI 15-30.</p> <p>2 x 25 (sprints), 2 x 50 FS ↑M↓F, 2 x 75 M/F/M</p> <p>FS 5 min swim (see above)</p> <p>4 x 50 OC (75-80%) RI 30</p>
<b>Cool Down</b>	100 = sidestroke, BK fining, easy body dolphins, walking.
<b>Total</b>	1700+

<b>Level 2</b>	<b>Weekly Training Theme</b> = FS - Stroke Leverage and power - finding initiation point and working thru the phases – catch, pull, push, recovery
<b>Warm up</b>	350 mix/FS/BK ↑Swim ↓Kick. 
<b>Drills/Skills</b>  <b>300</b>	<p>RI 15 on each 25M. Keep kicking when in hold/pause position.</p> <p><b>Swim 2 x 25 on each #1-4.</b> Initiating a pause/2 sec hold in each position. Other non-stroking arm is held in front (just below the water line – thumb facing forward).</p> <p><b>FS Stroke Leverage and Power. The 4 x key position holds (4 x 25 on hold then stroke as normal to return then swap arms for next hold).</b></p> <ol style="list-style-type: none"> <li><b>1. Front (3-4 inches below the water line)</b> Start the “CATCH” arm extended out in front, fingers lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder.</li> <li><b>2. EVF (Early Vertical Forearm)</b> Hold in high elbow catch position, fingers pointing down to the bottom of the pool. This is also where the acceleration should have started to take effect</li> <li><b>3. Mid-point (“C” position).</b> Hold at Approx 100/120 degrees (side view = fingers, elbow, shoulder in online), front view, elbow slightly out to side (form a “letter “C”)</li> <li><b>4. Exit (push out) -</b> Palm of hand facing mostly behind you next between hip/thigh, elbow slight bent.</li> </ol> <p>4 x 25 FS normal stroke rhythm.</p>
<b>5 mins Slow FS</b>	FS with 2 beat kick. Nail the hand entry (fingertips first/thumb point to end of pool), slide and glide entry to reach/rest point. Focus on the EVF for great leverage & powerful pull motion. Body rotation shoulder then hips. Relaxed arm recovery, elbow lead hands initially and is higher. Breath and roll back in as hand pass head. Back to nail the entry.
<b>Main Set</b>  <b>1100</b>	<p>1 x 200 OC. 4 x 100 x FS RI 20.</p> <p>FS RI 15-30.</p> <p>2 x 25 (sprints), 2 x 50 FS ↑M↓F, 2 x 75 M/F/M</p> <p>FS 5 min swim (see above)</p> <p>4 x 50 OC (75-80%) RI 30</p>
<b>Cool Down</b>	100 = sidestroke, BK fining, easy body dolphins, walking.
<b>Total</b>	1850+

<b>Level 3</b>	<b>Weekly Training Theme</b> = FS - Stroke Leverage and power - finding initiation point and working thru the phases – catch, pull, push, recovery
<b>Warm up</b>	400 mix/FS/BK ↑Swim ↓Kick. 
<b>Drills/Skills</b>  300	<p>RI 15 on each 25M. Keep kicking when in hold/pause position.</p> <p><b>Swim 2 x 25 on each #1-4.</b> Initiating a pause/2 sec hold in each position. Other non-stroking arm is held in front (just below the water line – thumb facing forward).</p> <p><b>FS Stroke Leverage and Power. The 4 x key position holds (4 x 25 on hold then stroke as normal to return then swap arms for next hold).</b></p> <ol style="list-style-type: none"> <li><b>1. Front (3-4 inches below the water line)</b> Start the “CATCH” arm extended out in front, fingers lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder.</li> <li><b>2. EVF (Early Vertical Forearm)</b> Hold in high elbow catch position, fingers pointing down to the bottom of the pool. This is also where the acceleration should have started to take effect</li> <li><b>3. Mid-point (“C” position).</b> Hold at Approx 100/120 degrees (side view = fingers, elbow, shoulder in online), front view, elbow slightly out to side (form a “letter “C”)</li> <li><b>4. Exit (push out) -</b> Palm of hand facing mostly behind you next between hip/thigh, elbow slight bent.</li> </ol> <p>4 x 25 FS normal stroke rhythm.</p>
<b>5 mins Slow FS</b>	Do in Main set FS with 2 beat kick. Nail the hand entry (fingertips first/thumb point to end of pool), slide and glide entry to reach/rest point. Focus on the EVF for great leverage & powerful pull motion. Body rotation shoulder then hips. Relaxed arm recovery, elbow lead hands initially and is higher. Breath and roll back in as hand pass head. Back to nail the entry.
<b>Main Set</b>  1200	<p>2 x 200 OC. 3 x 100 x FS RI 20.</p> <p>FS - RI 15-30.</p> <p>2 x 25 (sprints), 2 x 50 FS ↑M↓F, 2 x 75 M/F/M.</p> <p>FS 5 min swim (see above)</p> <p>4 x 50 OC (75-80%) RI 30</p>
<b>Cool Down</b>	100 = sidestroke, BK fining, easy body dolphins, walking.
<b>Total</b>	2000+

<b>Level 3 Dist/Tri</b>	<b>Weekly Training Theme</b> = FS - Stroke Leverage and power - finding initiation point and working thru the phases – catch, pull, push, recovery
<b>Warm up</b>	400 mix/FS/BK ↑Swim ↓Kick. 
<b>Drills/Skills</b>  300	<p>RI 15 on each 25M. Keep kicking when in hold/pause position.</p> <p><b>Swim 2 x 25 on each #1-4.</b> Initiating a pause/2 sec hold in each position. Other non-stroking arm is held in front (just below the water line – thumb facing forward).</p> <p><b>FS Stroke Leverage and Power. The 4 x key position holds (4 x 25 on hold then stroke as normal to return then swap arms for next hold).</b></p> <ol style="list-style-type: none"> <li><b>1. Front (3-4 inches below the water line)</b> Start the “CATCH” arm extended out in front, fingers lower than the wrist, wrist lower than the elbow, elbow lower than the shoulder.</li> <li><b>2. EVF (Early Vertical Forearm)</b> Hold in high elbow catch position, fingers pointing down to the bottom of the pool. This is also where the acceleration should have started to take effect</li> <li><b>3. Mid-point (“C” position).</b> Hold at Approx 100/120 degrees (side view = fingers, elbow, shoulder in line), front view, elbow slightly out to side (form a “letter “C”)</li> <li><b>4. Exit (push out)</b> - Palm of hand facing mostly behind you next between hip/thigh, elbow slight bent.</li> </ol> <p>4 x 25 FS normal stroke rhythm.</p>
<b>5 mins</b>	<p>Do in Main set</p> <p>FS with 2 beat kick. Nail the hand entry (fingertips first/thumb point to end of pool), slide and glide entry to reach/rest point. Focus on the EVF for great leverage &amp; powerful pull motion. Body rotation shoulder then hips. Relaxed arm recovery, elbow lead hands initially and is higher. Breath and roll back in as hand pass head. Back to nail the entry.</p>
<b>Main Set</b>  1600	<p>3 x 300 FS –use TT @ SR then + 1 each 300. RI 30-40</p> <p>FS RI 15-30. 2 x 25 (sprints), 2 x 50 FS ↑M↓F, 2 x 75 M/F/M.</p> <p>5 mins FS swim – see above</p> <p>4 x 100 (2x FS 2 x not FS) – vary the pace 75-85%. RI 30</p>
<b>Cool Down</b>	100 = sidestroke, BK fining, easy body dolphins, walking.
<b>Total</b>	2400+