
















**Date:** Tuesday 11<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/CS

<b>Warm up</b>	L1 & L2 = 100 each FS, BK and OC Kick (300). L3/L3DT = 100 each FS and BK, 100 OC Kick 100 OC, . 	
<b>Drill/Skill items</b>  	<p>RI 15 each lap. Keep kicking when in hold/pause position. Swim 2 x 25 on each #1-4. Initiating a pause/2 sec hold in each key position, then complete stroke as normal. 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 key position to pause at (swap arms each lap).</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>Lastly - 4 x 25 FS normal stroke rhythm. (300)</p>	
	This swim is part of the main set - Swim slow Hip driven FS = 5 mins. Use a 2-beat kick. Another opportunity to get the 4 key underwater positions right.	
<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 RI 15-30. 4 x 25 Sprints, 4 x 50 FS building. (300)</li> <li>FS 5 min swim (see above)</li> <li>200 OC or 2 x 100 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) RI 15-30. 4 x 25 sprints, 4 x 50 FS building. (300)</li> <li>FS 5 min swim (see above)</li> <li>200 OC or 2 x 100 (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 RI 15-30. 4 x 25 Sprints, 4 x 50 FS building (300)</li> <li>FS 5 min swim (see above)</li> <li>200 OC or 2 x 100 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 RI 15-30. 4 x 25 sprints, 4 x 50 FS building. (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 =1800+. 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>	L1 & L2 = 100 each FS, BK and OC Kick (300). 
<b>Drills/Skills</b>  (300)	<p>RI 15 each lap. Keep kicking when in hold/pause position. Swim 2 x 25 on each #1-4. Initiating a pause/2 sec hold in each key position, then complete stroke as normal. 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 key position to pause at (swap arms each lap).</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>Lastly - 4 x 25 FS normal stroke rhythm.</p>
<b>5 mins - slow swim</b>	This swim is part of the main set - Swim slow Hip driven FS = 5 mins. Use a 2-beat kick. Another opportunity to get the 4 key underwater positions right.
<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. 4 x 25 Sprints, 4 x 50 FS building</p> <p>FS 5 min swim (see above)</p> <p>200 OC or 2 x 100 OC (75-80%) RI 30 (200)</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>	L1 & L2 = 100 each FS, BK and OC Kick (300). 
<b>Drills/Skills</b>  300	<p>RI 15 each lap. Keep kicking when in hold/pause position. Swim 2 x 25 on each #1-4. Initiating a pause/2 sec hold in each key position, then complete stroke as normal. 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 key position to pause at (swap arms each lap).</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>Lastly - 4 x 25 FS normal stroke rhythm.</p>
<b>5 mins Slow FS</b>	This swim is part of the main set - Swim slow Hip driven FS = 5 mins. Use a 2-beat kick. Another opportunity to get the 4 key underwater positions right.
<b>Main Set</b>  1100	<p>1 x 200 OC. 4 x 100 x FS RI 20.</p> <p>FS RI 15-30.</p> <p>4 x 25 (sprints), 4 x 50 FS Building</p> <p>FS 5 min swim (see above)</p> <p>200 or 2 x 100 OC (75-80%) RI 30</p>
<b>Cool Down</b>	100 = sidestroke, BK fining, easy body dolphins, walking.
<b>Total</b>	1800+

<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>	L3/L3DT = 100 each FS and BK, 100 OC Kic, 100 OC, . 
<b>Drills/Skills</b>  300	<p>RI 15 each lap. Keep kicking when in hold/pause position. Swim 2 x 25 on each #1-4. Initiating a pause/2 sec hold in each key position, then complete stroke as normal. 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 key position to pause at (swap arms each lap).</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>Lastly - 4 x 25 FS normal stroke rhythm.</p>
<b>5 mins Slow FS</b>	This swim is part of the main set - Swim slow Hip driven FS = 5 mins. Use a 2-beat kick. Another opportunity to get the 4 key underwater positions right.
<b>Main Set</b>  1200	<p>2 x 200 OC. 3 x 100 x FS RI 20 -30.</p> <p>FS - RI 15-30.</p> <p>4 x 25 (sprints), 4 x 50 FS building speed.</p> <p>FS 5 min swim (see above)</p> <p>200 OC or 2 x 100 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>	L3/L3DT = 100 each FS and BK, 100 OC Kick, 100 OC, . 
<b>Drills/Skills</b>  300	<p>RI 15 each lap. Keep kicking when in hold/pause position. Swim 2 x 25 on each #1-4. Initiating a pause/2 sec hold in each key position, then complete stroke as normal. 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 key position to pause at (swap arms each lap).</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>Lastly - 4 x 25 FS normal stroke rhythm.</p>
<b>5 mins</b>	This swim is part of the main set - Swim slow Hip driven FS = 5 mins. Use a 2-beat kick. Another opportunity to get the 4 key underwater positions right.
<b>Main Set</b>  1600	<p>3 x 300 FS –use TT @ SR. RI 30-40 FS RI 15-30. 4 x 25 (sprints), 4 x 50 FS building. 5 mins FS swim – see above 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+