













Date: Sunday 16th June 2024. **Notices:** Nil. **Check the BK tips sheet.** **Training Phase:** Cycle #4, week 2 = Maintenance phase low to medium volume with mixed intensity sets. **Weekly drill theme** =BK - Stroke Leverage and power – Underwater stroke elements - working thru the pull and push phases and using body core. **Caution:** Reminder of body rotation and bent arms pull to avoid shoulder issues. Situational awareness of position in the lane.




Equipment: Fins/ Finger Paddles for BK in main set if wish to/TTs for lane 3.

Warm up	L1 & L2 = 100 SKPS FS, 100 Kick OC, 100 Swim OC (300). L3/L3DT = 100 SKPS FS, 100 Kick OC, 100 Swim OC, 100 FS Kick. (400) 	
Drill/Skill items 	2 x 25 on each with RI 15. Drill # 8 (one arm Pull/Push) Finding the pull (with bent arm) and push phases with body roll. Drill #10 (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA) and when to accelerate the pull Drill # 18 - 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power. Drill #19 - 6 strokes/Freeze/6 strokes – Ensuring arms in opposition. Freeze at various stages & CK the arms in opp’n. 4 x 25 Normal BK – Streamlined start, get arms in opposition and count stroke from flags to wall. (300)	
L1/2/3 only	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, consolidating FS work from last week	
Main set 	Level 1 A. 4 x 100 OC – Building to sprint finish. RI 30 B. 4 x 50 (2 x A, 2 x BK – even pace. May use FPs on BK) RI 20 C. 5 min FS consolidation swim D. 200 OC E. 12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 60 secs (1100)	Level 3 A. 6 x 100 OC – 3 x Building to sprint finish, 3 x 80-85% even pace. RI 30 B. 6 x 50 (3 x A, 3 x BK (may use FPs on BK)) RI 20 C. 5 min FS consolidation swim D. 200 OC or 2 x 100 lms (RI 30) E. 12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 50 secs (1500)
	Level 2 A. 4 x 100 OC – Building to sprint finish. RI 20-30 B. 6 x 50 (3 x A, 3 x BK- even pace) (may use FPs on BK) RI 20 C. 5 min FS consolidation swim D. 200 OC E. 12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 55 secs (1200)	Level 3D/Tri A. 2 x 400 FS –use TT @ SR. Think about 2 beat kick and hip drive into longer stroke. RI 30-40 B. 4 x 25 FS sprints every 50 secs, C. 4 x 50 FS building. D. 5 mins not FS swim – easy even pace. E. 5 x 100 (3x FS, 2 x not FS) – Sprint last lap. RI 30 (1600)
Relays	10 mins– Relays FS/Medley	
C/Down	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, walking etc.	
Total	L1 = 1800 + 5 mins, L2 =1900 +5 mins, L3 = 2300 = 5 mins, L3D/T = 2400+5 mins	

Level 1	Weekly Training Theme = BK - Stroke Leverage and power - working thru the underwater phases – pull, push,
Warm up	L1 & L2 = 100 SKPS FS, 100 Kick OC, 100 Swim OC (300). 
Drills/Skills  (300)	<p>2 x 25 on each with RI 15.</p> <p>Drill # 8 (one arm Pull/Push) Finding the pull (with bent arm) and push phases and having body roll with strong core.</p> <p>Drill #10 (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA) and when to accelerate the pull</p> <p>Drill # 18 - 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power.</p> <p>Drill #19 - 6 strokes/Freeze/6 strokes – Ensuring arms in opposition. Freeze at various stages & CK the arms in opp’n.</p> <p>4 x 25 Normal BK – Streamlined start, get arms in opposition and count stroke from flags to wall.</p>
5 mins – swim	This swim is part of the main set - Swim slow FS = 5 mins. Consolidation of FS Catch, EVF, Mid pt and exit work from last week.
Main Set  1100	<p>A. 4 x 100 OC – Building to sprint finish. RI 30</p> <p>B. 4 x 50 (2 x A, 2 x BK – even pace. May use FPs on BK) RI 20</p> <p>C. 5 min FS consolidation swim – see above</p> <p>D. 200 OC – Be streamlined off the walls</p> <p>E. 12 x 25 Sprints - 6 x FS, 4 x BK, 2 x OC every 60 secs</p>
Relays	If time
Cool Down	100 = underwater easy body dolphins to ½ way,.1/2 lap dog paddle, walking etc.
Total	1800+ 5 mins

Level 2	Weekly Training Theme = BK Stroke Leverage and power - working thru the underwater phases – pull, push.
Warm up	L1 & L2 = 100 SKPS FS, 100 Kick OC, 100 Swim OC (300). 
Drills/Skills  300	<p>2 x 25 on each with RI 15.</p> <p>Drill # 8 (one arm Pull/Push) Finding the pull (with bent arm) and push phases and having body roll with strong core.</p> <p>Drill #10 (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA) and when to accelerate the pull</p> <p>Drill # 18 - 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power.</p> <p>Drill #19 - 6 strokes/Freeze/6 strokes – Ensuring arms in opposition. Freeze at various stages & CK the arms in opp'n.</p> <p>4 x 25 Normal BK – Streamlined start, get arms in opposition and count stroke from flags to wall.</p>
5 mins Swim	This swim is part of the main set - Swim slow FS = 5 mins Consolidation of FS Catch, EVF, Mid pt and exit work from last week.
Main Set  1200	<p>A. 4 x 100 OC – Building to sprint finish. RI 20-30</p> <p>B. 6 x 50 (3 x A, 3 x BK- even pace) (may use FPs on BK) RI 20</p> <p>C. 5 min FS consolidation swim</p> <p>D. 200 OC - Stroke work – Think about it?</p> <p>E. 12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 55 secs</p>
Relays	If time
Cool Down	100 = underwater easy body dolphins to ½ way,.1/2 lap dog paddle, walking etc.
Total	1900 + 5mins

Level 3	Weekly Training Theme = BK Stroke Leverage and power - working thru the underwater phases – pull, push.
Warm up	L3/L3DT = 100 SKPS FS, 100 Kick OC, 100 Swim OC, 100 FS Kick. (400) 
Drills/Skills  300	2 x 25 on each with RI 15. Drill # 8 (one arm Pull/Push) Finding the pull (with bent arm) and push phases and having body roll with strong core. Drill #10 (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA) and when to accelerate the pull Drill # 18 - 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power. Drill #19 - 6 strokes/Freeze/6 strokes – Ensuring arms in opposition. Freeze at various stages & CK the arms in opp'n. 4 x 25 Normal BK – Streamlined start, get arms in opposition and count stroke from flags to wall.
5 mins Swim	This swim is part of the main set - Swim slow FS = 5 mins. Consolidation of FS Catch, EVF, Mid pt and exit work from last week.
Main Set  1500	A. 6 x 100 OC – 3 x Building to sprint finish, 3 x 80-85% even pace. RI 30 B. 6 x 50 (3 x A, 3 x BK (may use FPs on BK)) RI 20 C. 5 min FS consolidation swim – see above D. 200 OC or 2 x 100 lms (RI 30) E. 12 x 25 sprints 6 x FS, 4 x BK, 2 x OC every 50 secs
Relays	If time
Cool Down	100 = underwater easy body dolphins to ½ way,.1/2 lap dog paddle, walking etc.
Total	2300+5 mins

Level 3 Dist/Tri	Weekly Training Theme = BK Stroke Leverage and power - working thru the underwater phases – pull, push. Consolidation of FS from Last week.
Warm up	L3/L3DT =  100 SKPS FS, 100 Kick OC, 100 Swim OC, 100 FS Kick. (400)
Drills/Skills  300	2 x 25 on each with RI 15. Drill # 8 (one arm Pull/Push) Finding the pull (with bent arm) and push phases and having body roll with strong core. Drill #10 (Fist) normal rhythm and arm stroke but use fist to pull/push, bent elbow (HFA) and when to accelerate the pull Drill # 18 - 3 strokes/6 kicks/3 strokes- feeling the roll in/out of each stroke and transferring the power. Drill #19 - 6 strokes/Freeze/6 strokes – Ensuring arms in opposition. Freeze at various stages & CK the arms in opp'n. 4 x 25 Normal BK – Streamlined start, get arms in opposition and count stroke from flags to wall.
Main Set  1600	A. 2 x 400 FS –use TT @ SR. Think about 2 beat kick and hip drive into longer stroke. RI 30-40 B. 4 x 25 FS sprints every 50 secs, C. 4 x 50 FS building. D. 5 mins not FS swim – easy even pace. E. 5 x 100 (3x FS, 2 x not FS) – Sprint last lap. RI 30
Relays	If time
Cool Down	100 = underwater easy body dolphins to ½ way, ½ lap dog paddle, walking etc.
Total	2400+