	LEVEL 1	LEVEL 2	LEVEL 3
Warm up	Continue through below until whistle;	Continue through below until whistle;	Continue through below until whistle;
AR.	100 FS kick/100 SKPS/50 BK kick/50 BK.	100 FS kick/100 SKPS/50 BK kick/50 BK.	100 FS kick/100 SKPS/50 BK kick/50 BK.
00	(hopefully 300m)	(hopefully 350m)	(hopefully 400m)
Drills.	1) BK 1 arm. ↑ R ↓ L. 4 x 25m. RI 20s.	1) BK 1 arm. ↑ R ↓ L. 4 x 25m. RI 20s.	1) BK 1 arm. $\uparrow$ R $\downarrow$ L. 4 x 25m. RI 20s.
	Non-stroking arm at side. Body rolls in on	Non-stroking arm at side. Body rolls in on	Non-stroking arm at side. Body rolls in on
AR.	hand entry. Head looking up & stable.	hand entry. Head looking up & stable.	hand entry. Head looking up & stable.
00	Little finger enters, <u>accelerate</u> thru pull,	Little finger enters, accelerate thru pull,	Little finger enters, <u>accelerate</u> thru pull,
	thumb exits near thigh.	thumb exits near thigh.	thumb exits near thigh.
	2) BK Breathing. 4 x 25m. RI 20s. It's	2) BK Breathing. 4 x 25m. RI 20s. It's	2) BK Breathing. 4 x 25m. RI 20s. It's
	easy to breathe on demand with BK. But	easy to breathe on demand with BK. But	easy to breathe on demand with BK. But
	controlled breathing will deliver better	controlled breathing will deliver better	controlled breathing will deliver better
	rhythm. <u>In</u> on one arm, <u>out</u> for other.	rhythm. <u>In</u> on one arm, <u>out</u> for other.	rhythm. <u>In</u> on one arm, <u>out</u> for other.
	(200)	(200)	(200)
Main set.	1) 4 x 100m. x2 FS/x2 BK. RI 20s. Build	1) 4 x 100m. x2 FS/x2 BK. RI 20s. Build	1) 4 x 100m. x2 FS/x2 BK. RI 20s. Build
	pace from easy to hard through the 100.	pace from easy to hard through the 100.	pace from easy to hard through the 100.
	2) 200m FS. Focus on consistent stroke	2) 200m FS. Focus on consistent stroke	2) 400m FS. Focus on consistent stroke
	rate. Remember your strokes per length.	rate. Remember your strokes per length.	rate. Remember your strokes per length.
	3) 2 x 100m. OC. RI 20s. E/E/E/H within	3) 2 x 100m. OC. RI 20s. E/E/E/H within	3) 2 x 100m. OC. RI 20s. E/E/E/H within
	each 100. BIG EFFORT on that last lap.	each 100. BIG EFFORT on that last lap.	each 100. <u>BIG</u> EFFORT on that last lap.
	4) 4 x 50m. FS on 1.45s. EASY pace 1st ½	4) 6 x 50m. FS on 1.30s. EASY pace 1st ½	4) 6 x 50m. FS on 1.15s. EASY pace 1st ½
	lap then <u>HARD</u> to end.	lap then <u>HARD</u> to end.	lap then <u>HARD</u> to end.
	<mark>5)</mark> 4 x 25m. BK kick – board optional.	5) 4 x 50m. Kick. x2 BK, x2 FS. Board op.	5) 4 x 50m. Kick. x2 BK, x2 FS. Board op.
	RI 20s. Med.	RI 20s. Med.	RI 20s. Med.
	(1100)	(1300)	(1500)
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	1700	1950	2200

## Tuesday June 18<sup>th</sup> 2024 – Backstroke. Leverage/Power. Maintenance.

	LEVEL 1
Warm up.	Continue through below until whistle;
WIII	100 FS kick/100 SKPS/50 BK kick/50 BK.
00	(hopefully 300m)
Drills.	1) BK 1 arm. ↑ R ↓ L. 4 x 25m. RI 20s. Non-
	stroking arm at side. Body rolls in on hand
WW	entry. Head looking up & stable. Little finger
00	enters, <u>accelerate</u> thru pull, thumb exits near
	thigh.
	2) BK Breathing. 4 x 25m. RI 20s. It's easy to
	breathe on demand with BK. But controlled
	breathing will deliver better rhythm. <u>In</u> on
	one arm, <u>out</u> for other.
	(200)
Main set	1) 4 x 100m. x2 FS/x2 BK. RI 20s. Build pace
	from easy to hard through the 100.
	2) 200m FS. Focus on consistent stroke rate.
With	Remember your strokes per length.
	3) 2 x 100m. OC. RI 20s. E/E/E/H within each
	100. <u>BIG</u> EFFORT on that last lap.
	4) 4 x 50m. FS on 1.45s. EASY pace 1st ½ lap
	then <u>HARD</u> to end.
	5) 4 x 25m. BK kick – board optional.
	RI 20s. Med.
	(1100)
Cool	OC - BK, walk, slow BR. Your choice.
Down.	(100)
Total	1700

	LEVEL 2
Warm up.	Continue through below until whistle;
Mm .	100 FS kick/100 SKPS/50 BK kick/50 BK.
00	(hopefully 350m)
Drills.	1) BK 1 arm. ↑ R ↓ L. 4 x 25m. RI 20s. Non-
	stroking arm at side. Body rolls in on hand
WW	entry. Head looking up & stable. Little finger
00	enters, <u>accelerate</u> thru pull, thumb exits near thigh.
	2) BK Breathing. 4 x 25m. RI 20s. It's easy to
	breathe on demand with BK. But controlled
	breathing will deliver better rhythm. In on
	one arm, <u>out</u> for other.
	(200)
Main set	1) 4 x 100m. x2 FS/x2 BK. RI 20s. Build pace
	from easy to hard through the 100.
	2) 200m FS. Focus on consistent stroke rate.
	Remember your strokes per length.
	3) 2 x 100m. OC. RI 20s. E/E/E/H within each
	100. <u>BIG</u> EFFORT on that last lap.
	4) 6 x 50m. FS on 1.30s. EASY pace 1st ½ lap
	then <u>HARD</u> to end.
	<mark>5)</mark> 4 x 50m. Kick. x2 BK, x2 FS. Board op.
	RI 20s. Med.
	(1300)
Cool	OC - BK, walk, slow BR. Your choice.
Down.	(100)
Total	1950

	LEVEL 3	
Warm up.	Continue through below until whistle;	
Mm	100 FS kick/100 SKPS/50 BK kick/50 BK.	
08	(hopefully 400m)	
Drills.	1) BK 1 arm. ↑ R ↓ L. 4 x 25m. RI 20s. Non-	
-	stroking arm at side. Body rolls in on hand	
WW	entry. Head looking up & stable. Little finger	
0	enters, <u>accelerate</u> thru pull, thumb exits near thigh.	
	2) BK Breathing. 4 x 25m. RI 20s. It's easy to	
	breathe on demand with BK. But controlled	
	breathing will deliver better rhythm. In on	
	one arm, out for other.	
	(200)	
Main set	1) 4 x 100m. x2 FS/x2 BK. RI 20s. Build pace	
	from easy to hard through the 100.	
	2) 400m FS. Focus on consistent stroke rate.	
	Remember your strokes per length.	
	3) 2 x 100m. OC. RI 20s. E/E/E/H within each	
	100. BIG EFFORT on that last lap.	
	4) 6 x 50m. FS on 1.15s. EASY pace 1st ½ lap	
	then <u>HARD</u> to end.	
	<mark>5)</mark> 4 x 50m. Kick. x2 BK, x2 FS. Board op.	
	RI 20s. Med.	
	(1500)	
Cool	OC - BK, walk, slow BR. Your choice.	
Down.	(100)	
Total	2200	

	DISTANCE PEOPLE
Warm up.	Continue through below until whistle;
юW	100 FS kick/100 SKPS/50 BK kick/50 BK. (hopefully 400m)
Drills.	<b>1)</b> BK 1 arm. $\uparrow$ R $\downarrow$ L. 4 x 25m. RI 20s.
	Non-stroking arm at side. Body rolls in on
WW	hand entry. Head looking up & stable.
	Little finger enters, <u>accelerate</u> thru pull, thumb exits near thigh.
	2) BK Breathing. 4 x 25m. RI 20s. It's easy
	to breathe on demand with BK. But
	controlled breathing will deliver better
	rhythm. <u>In</u> on one arm, <u>out</u> for other.
	(200)
Main set	1) 5 x 100m. FS/BK/FS/BK/FS. RI 20s. SPL.
	Sprint last lap of each 100.
	2) 3 x 200m FS. Focus on consistent stroke
	rate. Remember your strokes per length.
	3) 100m. OC (not FS). Easy recovery.
	<mark>4)</mark> 6 x 50m. FS on 1.15s. EASY pace 1st ½
	lap then <u>HARD</u> to end.
	<mark>5)</mark> 4 x 50m. Kick. x2 BK <i>,</i> x2 FS. Board op.
	RI 20s. Med.
	(1700)
Cool Down.	OC - BK, walk, slow BR. Your choice.
	(100)
Total	2400