
















Tuesday June 18th 2024 – Backstroke. Leverage/Power. Maintenance.

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

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

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

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

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