Friday June 21<sup>st</sup> 2024 – Backstroke. Leverage/Power. Maintenance.

	LEVEL 1	LEVEL 2	LEVEL 3
Warm up	Continue through below until whistle;	Continue through below until whistle;	Continue through below until whistle;
AB.	100 FS/100 SKPS/50 BK kick/50 BK.	100 FS/100 SKPS/50 BK kick/50 BK.	100 FS/100 SKPS/50 BK kick/50 BK.
∪ <b>0</b>	(hopefully 300m)	(hopefully 350m)	(hopefully 400m)
Drills.	1) BK Power off wall. 4 x 25m. RI 20s.	1) BK 1 arm. ↑ R ↓ L. 4 x 25m. RI 20s.	1) BK 1 arm. ↑ R ↓ L. 4 x 25m. RI 20s.
	Face wall, feet below surface, hold on to	Non-stroking arm at side. Body rolls in on	Non-stroking arm at side. Body rolls in on
AB	edge. Release hand grip, drop down	hand entry. Head looking up & stable.	hand entry. Head looking up & stable.
	below surface and push off. Arms out,	Little finger enters, accelerate thru pull,	Little finger enters, accelerate thru pull,
	HARD Dolphin kick beyond flags.	thumb exits near thigh.	thumb exits near thigh.
	2) BK Breathing. 4 x 25m. RI 20s. It's too	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 50m. x2 FS/x2 BK. RI 20s. Build	1) 4 x 50m. 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 50.	pace from easy to hard through the 50.	pace from easy to hard through the 50.
ALL AND	2) Mixed Pyramid. Aerobic, SPL.	2) Mixed Pyramid. Aerobic, SPL.	2) Mixed Pyramid. Aerobic, SPL.
	50 BK/100 FS/150 FS/100 FS/50 BK.	50 BK/100 FS/200 FS/100 FS/50 BK.	50 BK/100 FS/200 FS/100 FS/50 BK.
	3) 100m. OC. Slow recovery.	3) 100m. OC. Recovery.	3) 100m. OC. Recovery.
	4) 4 x 50m. FS on 1.45s. Build over the	4) 4 x 50m. FS on 1.45s. Build over the	4) 4 x 50m. FS on 1.45s. Build over the
	50 to <b>SPRINT</b> the last 15m. Race finish.	50 to <b>SPRINT</b> the last 15m. Race finish.	50 to <b>SPRINT</b> the last 15m. Race finish.
	5) 4 x 25m. KICK $\uparrow$ FS $\downarrow$ BK. HARD.	5) 4 x 50m. KICK $\uparrow$ FS $\downarrow$ BK. HARD from	5) 4 x 50m. KICK $\uparrow$ FS $\downarrow$ BK. HARD from
	RI 20s.	flags to wall. RI 20s.	flags to wall. RI 20s.
	(1000)	RI 20s.	RI 20s.
		(1200)	(1400)
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	1600	1850	2100

	LEVEL 1
Warm up.	Continue through below until whistle;
W Dr	100 FS/100 SKPS/50 BK kick/50 BK.
0	(hopefully 300m)
Drills.	1) BK Power off wall. 4 x 25m. RI 20s. Face
	wall, feet below surface, hold on to edge.
WID	Release hand grip, drop down below surface
00	and push off. Arms out, HARD Dolphin kick
	beyond flags.
	2) BK Breathing. 4 x 25m. RI 20s. It's too easy
	to breathe on demand with BK. But
	controlled breathing will deliver better
	rhythm. <i>In on one arm, out for other</i> .
	(200)
Main set	1) 4 x 50m. x2 FS/x2 BK. RI 20s. Build pace
	from easy to hard through the 50.
	2) Mixed Pyramid. Aerobic, SPL.
THE STATE OF THE S	50 BK/100 FS/150 FS/100 FS/50 BK.
(SH)	3) 100m. OC. Slow recovery.
	4) 4 x 50m. FS on 1.45s. Build over the 50 to
	<b>SPRINT</b> the last 15m. Race finish.
	5) 4 x 25m. KICK ↑FS ↓BK. HARD. RI 20s.
	(1000)
Cool	OC - BK, walk, slow BR. Your choice.
Down.	(100)
Total	1600

	LEVEL 2
Warm up.	Continue through below until whistle;
WD .	100 FS/100 SKPS/50 BK kick/50 BK.
00	(hopefully 350m)
Drills.	<b>1) BK 1 arm.</b> ↑ R ↓ L. <b>4 x 25m. RI 20s</b> . Non-
	stroking arm at side. Body rolls in on hand
WID	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. <i>In on</i>
	one arm, <u>out</u> for other.
	(200)
Main set	1) 4 x 50m. x2 FS/x2 BK. RI 20s. Build pace
THE STATE OF THE S	from easy to hard through the 50.
(SH)	2) Mixed Pyramid. Aerobic, SPL.
	50 BK/100 FS/200 FS/100 FS/50 BK.
	3) 100m. OC. Recovery.
	4) 4 x 50m. FS on 1.45s. Build over the 50 to
	<b>SPRINT</b> the last 15m. Race finish.
	5) 4 x 50m. KICK $\uparrow$ FS $\downarrow$ BK. HARD from flags
	to wall. RI 20s.
	(1200)
Cool	OC - BK, walk, slow BR. Your choice.
Down.	(100)
Total	1850

	LEVEL 3
Warm up.	Continue through below until whistle;
WD .	100 FS/100 SKPS/50 BK kick/50 BK.
00	(hopefully 400m)
Drills.	<b>1) BK 1 arm.</b> ↑ R ↓ L. <b>4 x 25m. RI 20s</b> . Non-
	stroking arm at side. Body rolls in on hand
WID	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. <i>In on</i>
	one arm, <u>out</u> for other.
	(200)
Main set	1) 4 x 100m. x2 FS/x2 BK. RI 20s. Build pace
THE STATE OF THE S	from easy to hard through the 100.
SH	2) Mixed Pyramid. Aerobic, SPL.
	50 BK/100 FS/200 FS/100 FS/50 BK.
	3) 100m. OC. Recovery.
	4) 4 x 50m. FS on 1.45s. Build over the 50 to
	<b>SPRINT</b> the last 15m. Race finish.
	5) 4 x 50m. KICK $\uparrow$ FS $\downarrow$ BK. HARD from flags
	to wall. RI 20s.
	(1400)
Cool	OC - BK, walk, slow BR. Your choice.
Down.	(100)
Total	2100

	DISTANCE PEOPLE
Warm up.	Continue through below until whistle;
WID	100 FS/100 SKPS/50 BK kick/50 BK.
00	(hopefully 400m)
Drills.	1) BK 1 arm. ↑ R ↓ L. 4 x 25m. RI 20s.
	Non-stroking arm at side. Body rolls in on
WW	hand entry. Head looking up & stable.
00	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) 4 x 100m. 1 <sup>st</sup> lap is BK then FS for rest.
W.	RI 20s. Build easy to hard in the 100.
(S)	2) Mixed Pyramid. Aerobic, SPL.
	50 BK/100 FS/200 FS/100 FS/50 BK.
	3) 100m. OC. Recovery.
	4) 6 x 50m. FS on 1.30s. Build over the 50
	to <b>SPRINT</b> the last 15m. Race finish.
	5) 4 x 50m. KICK $\uparrow$ FS $\downarrow$ BK. HARD from
	flags to wall. RI 20s.
	(1400)
Cool Down.	OC - BK, walk, slow BR. Your choice.
	(100)
Total	2100