
















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

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

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

	<b>LEVEL 2</b>
Warm up. 	Continue through below until whistle; 100 FS/100 SKPS/50 BK kick/50 BK. (hopefully 350m)
Drills. 	<p><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 entry. Head looking up &amp; stable. Little finger enters, <b><u>accelerate</u></b> thru pull, thumb exits near thigh.</p> <p><b>2) BK Breathing. 4 x 25m. RI 20s.</b> It's easy to breathe on demand with BK. But controlled breathing will deliver better rhythm. <b><u>In on one arm, out for other.</u></b> (200)</p>
Main set 	<p><b>1) 4 x 50m. x2 FS/x2 BK. RI 20s.</b> Build pace from easy to hard through the 50.</p> <p><b>2) Mixed Pyramid.</b> Aerobic, SPL. 50 BK/100 FS/200 FS/100 FS/50 BK.</p> <p><b>3) 100m. OC.</b> Recovery.</p> <p><b>4) 4 x 50m. FS on 1.45s.</b> Build over the 50 to <b><u>SPRINT</u></b> the last 15m. Race finish.</p> <p><b>5) 4 x 50m. KICK</b> ↑FS ↓BK. HARD from flags to wall. <b>RI 20s.</b> (1200)</p>
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	1850

	<b>LEVEL 3</b>
Warm up. 	Continue through below until whistle; 100 FS/100 SKPS/50 BK kick/50 BK. (hopefully 400m)
Drills. 	<p><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 entry. Head looking up &amp; stable. Little finger enters, <b><u>accelerate</u></b> thru pull, thumb exits near thigh.</p> <p><b>2) BK Breathing. 4 x 25m. RI 20s.</b> It's easy to breathe on demand with BK. But controlled breathing will deliver better rhythm. <b><u>In on one arm, out for other.</u></b> (200)</p>
Main set 	<p><b>1) 4 x 100m. x2 FS/x2 BK. RI 20s.</b> Build pace from easy to hard through the 100.</p> <p><b>2) Mixed Pyramid.</b> Aerobic, SPL. 50 BK/100 FS/200 FS/100 FS/50 BK.</p> <p><b>3) 100m. OC.</b> Recovery.</p> <p><b>4) 4 x 50m. FS on 1.45s.</b> Build over the 50 to <b><u>SPRINT</u></b> the last 15m. Race finish.</p> <p><b>5) 4 x 50m. KICK</b> ↑FS ↓BK. HARD from flags to wall. <b>RI 20s.</b> (1400)</p>
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	2100

	<b>DISTANCE PEOPLE</b>
Warm up. 	Continue through below until whistle; 100 FS/100 SKPS/50 BK kick/50 BK. (hopefully 400m)
Drills. 	<p><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 entry. Head looking up &amp; stable. Little finger enters, <b>accelerate</b> thru pull, thumb exits near thigh.</p> <p><b>2) BK Breathing. 4 x 25m. RI 20s.</b> It's easy to breathe on demand with BK. But controlled breathing will deliver better rhythm. <b><i>in on one arm, out for other.</i></b> (200)</p>
Main set 	<p><b>1) 4 x 100m.</b> 1<sup>st</sup> lap is BK then FS for rest. <b>RI 20s.</b> Build easy to hard in the 100.</p> <p><b>2) Mixed Pyramid.</b> Aerobic, SPL. 50 BK/100 FS/200 FS/100 FS/50 BK.</p> <p><b>3) 100m. OC.</b> Recovery.</p> <p><b>4) 6 x 50m. FS on 1.30s.</b> Build over the 50 to <b><u>SPRINT</u></b> the last 15m. Race finish.</p> <p><b>5) 4 x 50m. KICK</b> ↑FS ↓BK. <b>HARD</b> from flags to wall. <b>RI 20s.</b> (1400)</p>
Cool Down.	OC - BK, walk, slow BR. Your choice. (100)
Total	2100