











Sunday June 23rd 2024 – Breaststroke. Power in the stroke.

	LEVEL 1	LEVEL 2	LEVEL 3
Warm up 	Alternate; 100m OC swim, 100m OC kick, (hopefully 300m)	Alternate; 100m OC swim, 100m OC kick, (hopefully 350m)	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	<p>1) Standing BS arm action. Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p>2) 4 x 25m. BS. RI 15 sec. STOW Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p>3) BS Kick on Back. 4 x 25m. RI 15 sec. Hands behind back & beside Butt. Finger tips & heels should touch. (200)</p>	<p>1) Standing BS arm action. Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p>2) 4 x 25m. BS. RI 15 sec. STOW Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p>3) BS Kick on Back. 4 x 25m. RI 15 sec. Hands behind back & beside Butt. Finger tips & heels should touch. (200)</p>	<p>1) Standing BS arm action. Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p>2) 4 x 25m. BS. RI 15 sec. STOW Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p>3) BS Kick on Back. 4 x 25m. RI 15 sec. Hands behind back & beside Butt. Finger tips & heels should touch. (200)</p>
Main set	<p>1) 4 x 25m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide.</p> <p>2) 3 x 100m. Various. FS/OC/FS. RI 15s. Build pace over the 100. Sprint to end.</p> <p>3) 100m. OC. Recovery. Nice & easy.</p> <p>4) 200m FS. Easy. Aerobic pace. Maintain your strokes per length.</p> <p>5) 4 x 50m. FS. Go hard on 2nd lap. 1m.45s pace. Sprint finish on wall. (900)</p>	<p>1) 4 x 50m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide.</p> <p>2) 3 x 100m. Various. FS/OC/FS. RI 15s. Build pace over the 100. Sprint to end.</p> <p>3) 100m. OC. Recovery. Nice & easy.</p> <p>4) 200m FS. Easy. Aerobic pace. Maintain your strokes per length.</p> <p>5) 6 x 50m. FS. Go hard on 2nd lap. 1m.45s pace. Sprint finish on wall. (1100)</p>	<p>1) 4 x 50m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide.</p> <p>2) 3 x 100m. Various. FS/OC/FS. RI 15s. Build pace over the 100. Sprint to end.</p> <p>3) 100m. OC. Recovery. Nice & easy.</p> <p>4) 200m FS. Easy. Aerobic pace. Maintain your strokes per length.</p> <p>5) 8 x 50m. FS. Go hard on 2nd lap. 1m.30s pace. Sprint finish on wall. (1200)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)	OC - Back scull, walk, slow BR. (100)	OC - Back scull, walk, slow BR. (100)
Total	1500	1750	1900

	LEVEL 1
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 300m)
Drills. 	<p>1) Standing BS arm action. Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p>2) 4 x 25m. BS. RI 15 sec. STOW Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p>3) BS Kick on Back. 4 x 25m. RI 15 sec. Hands behind back & beside Butt. Finger tips & heels should touch. (200)</p>
Main set	<p>1) 4 x 25m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide.</p> <p>2) 3 x 100m. Various. FS/OC/FS. RI 15s. Build pace over the 100. Sprint to end.</p> <p>3) 100m. OC. Recovery. Nice & easy.</p> <p>4) 200m FS. Easy. Aerobic pace. Maintain your strokes per length.</p> <p>5) 4 x 50m. FS. Go hard on 2nd lap. 1m.45s pace. Sprint finish on wall. (900)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1500

	LEVEL 2
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 350m)
Drills. 	<p>1) Standing BS arm action. Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p>2) 4 x 25m. BS. RI 15 sec. STOW Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p>3) BS Kick on Back. 4 x 25m. RI 15 sec. Hands behind back & beside Butt. Finger tips & heels should touch. (200)</p>
Main set	<p>1) 4 x 50m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide.</p> <p>2) 3 x 100m. Various. FS/OC/FS. RI 15s. Build pace over the 100. Sprint to end.</p> <p>3) 100m. OC. Recovery. Nice & easy.</p> <p>4) 200m FS. Easy. Aerobic pace. Maintain your strokes per length.</p> <p>5) 6 x 50m. FS. Go hard on 2nd lap. 1m.45s pace. Sprint finish on wall. (1100)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1750

	LEVEL 3
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	<p>1) Standing BS arm action. Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p>2) 4 x 25m. BS. RI 15 sec. STOW Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p>3) BS Kick on Back. 4 x 25m. RI 15 sec. Hands behind back & beside Butt. Finger tips & heels should touch. (200)</p>
Main set	<p>1) 4 x 50m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide.</p> <p>2) 3 x 100m. Various. FS/OC/FS. RI 15s. Build pace over the 100. Sprint to end.</p> <p>3) 100m. OC. Recovery. Nice & easy.</p> <p>4) 200m FS. Easy. Aerobic pace. Maintain your strokes per length.</p> <p>5) 8 x 50m. FS. Go hard on 2nd lap. 1m.30s pace. Sprint finish on wall. (1200)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1900

	DISTANCE PEOPLE
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	<p>1) Standing BS arm action. Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p>2) 4 x 25m. BS. RI 15 sec. STOW Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p>3) BS Kick on Back. 4 x 25m. RI 15 sec. Hands behind back & beside Butt. Finger tips & heels should touch. (200)</p>
Main set	<p>1) 2 x 50m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide.</p> <p>2) 4 x 100m. Various. FS/OC/FS/OC. RI 15s. Build pace E - H over the 100.</p> <p>3) 100m. OC. Recovery. Nice & easy.</p> <p>4) 400m FS. Aerobic pace. Maintain your strokes per length.</p> <p>5) 8 x 50m. FS. Go hard on 2nd lap. 1m.30s pace. Sprint finish on wall. (1200)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1900