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

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

	LEVEL 1
Warm up.	Alternate;
WW	100m OC swim, 100m OC kick,
~0	(hopefully 300m)
Drills.	 Standing BS arm action.
	Stand, bend at waist to face water. Do BS arm
With	action. Harder the pull – more the over
	balance.
	<mark>2)</mark> 4 x 25m. BS. RI 15 sec. STOW
	Focus on hand grab, feel body lift forward.
	Head locked, breathe on lift.
	3) BS Kick on Back. 4 x 25m. RI 15 sec. Hands
	behind back & beside Butt. Finger tips &
	heels should touch.
	(200)
Main set 1) 4 x 25m BS. RI 15s. Easy. Think about	
	technique Pull, breathe, kick & glide.
	2) 3 x 100m. Various. FS/OC/FS. RI 15s.
	Build pace over the 100. Sprint to end.
	3) 100m. OC. Recovery. Nice & easy.
	4) 200m FS. Easy. Aerobic pace. Maintain
	your strokes per length.
	5) 4 x 50m. FS. Go hard on 2 nd lap. 1m.45s
	pace. Sprint finish on wall.
	(900)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1500

	LEVEL 2
Warm up.	Alternate;
WW	100m OC swim, 100m OC kick,
~ 0	(hopefully 350m)
Drills.	 Standing BS arm action.
	Stand, bend at waist to face water. Do BS arm
MLTD	action. Harder the pull – more the over
	balance.
	<mark>2)</mark> 4 x 25m. BS. RI 15 sec. STOW
	Focus on hand grab, feel body lift forward.
	Head locked, breathe on lift.
	3) BS Kick on Back. 4 x 25m. RI 15 sec. Hands
	behind back & beside Butt. Finger tips &
	heels should touch.
	(200)
Main set 1) 4 x 50m BS. RI 15s. Easy. Think about	
	technique Pull, breathe, kick & glide.
	2) 3 x 100m. Various. FS/OC/FS. RI 15s.
	Build pace over the 100. Sprint to end.
	3) 100m. OC. Recovery. Nice & easy.
	4) 200m FS. Easy. Aerobic pace. Maintain
	your strokes per length.
	<mark>5)</mark> 6 x 50m. FS. Go hard on 2 nd lap. 1m.45s
	pace. Sprint finish on wall.
	(1100)
Cool	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1750

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

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