











Tuesday June 25<sup>th</sup> 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><b>1) Standing BS arm action.</b> Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p><b>2) 4 x 25m. BS 2pull/1kick. RI 15s.</b> Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p><b>3) BS Kick with board. 4 x 25m. RI 15s.</b> Focus on full range of kick, snap finish. (200)</p>	<p><b>1) Standing BS arm action.</b> Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p><b>2) 4 x 25m. BS 2pull/1kick. RI 15s.</b> Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p><b>3) BS Kick with board. 4 x 25m. RI 15s.</b> Focus on full range of kick, snap finish. (200)</p>	<p><b>1) Standing BS arm action.</b> Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p><b>2) 4 x 25m. BS 2pull/1kick. RI 15s.</b> Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p><b>3) BS Kick with board. 4 x 25m. RI 15s.</b> Focus on full range of kick, snap finish. (200)</p>
Main set	<p><b>1) 4 x 25m BS. RI 20s. Easy. Think about technique.</b> - Pull, breathe, kick &amp; glide.</p> <p><b>2) 2 x 100m. FreeIM. RI 20s.</b> Substitute FS for the fly.</p> <p><b>3) 50m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>4) 200m FS. Easy.</b> Count SPL.</p> <p><b>5) 50m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>6) 6 x 50m. FS. RI 20s.</b> Med pace with chin-ups at blocks. Finish sprint to wall.</p> <p><b>7) 4 x 25m. FS kick. RI 20s.</b> Hard. (1000)</p>	<p><b>1) 4 x 50m BS. RI 20s. Easy. Think about technique.</b> - Pull, breathe, kick &amp; glide.</p> <p><b>2) 2 x 100m. FreeIM. RI 20s.</b> Substitute FS for the fly.</p> <p><b>3) 100m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>4) 200m FS. Easy.</b> Count SPL.</p> <p><b>5) 100m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>6) 6 x 50m. FS. RI 20s.</b> Med pace with chin-ups at blocks. Finish sprint to wall.</p> <p><b>7) 4 x 25m. FS kick. RI 20s.</b> Hard. (1200)</p>	<p><b>1) 4 x 50m BS. RI 20s. Easy. Think about technique.</b> - Pull, breathe, kick &amp; glide.</p> <p><b>2) 2 x 100m. FreeIM. RI 20s.</b> Substitute FS for the fly.</p> <p><b>3) 100m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>4) 400m FS. Easy.</b> Count SPL.</p> <p><b>5) 100m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>6) 6 x 50m. FS. RI 20s.</b> Med pace with chin-ups at blocks. Finish sprint to wall.</p> <p><b>7) 4 x 50m. FS kick. RI 20s.</b> Hard. (1500)</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	1600	1850	2200

	<b>LEVEL 1</b>
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 300m)
Drills. 	<p><b>1) Standing BS arm action.</b> Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p><b>2) 4 x 25m. BS 2pull/1kick. RI 15s.</b> Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p><b>3) BS Kick with board. 4 x 25m. RI 15s.</b> Focus on full range of kick, snap finish. (200)</p>
Main set	<p><b>1) 4 x 25m BS. RI 20s. Easy. Think about technique.</b> - Pull, breathe, kick &amp; glide.</p> <p><b>2) 2 x 100m. FreeIM. RI 20s.</b> Substitute FS for the fly.</p> <p><b>3) 50m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>4) 200m FS. Easy.</b> Count SPL.</p> <p><b>5) 50m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>6) 6 x 50m. FS. RI 20s. 10s apart.</b> Med pace with chin-ups at blocks. Finish sprint to wall.</p> <p><b>7) 4 x 25m. FS kick. RI 20s. Hard.</b> (1000)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1600

	<b>LEVEL 2</b>
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 350m)
Drills. 	<p><b>1) Standing BS arm action.</b> Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p><b>2) 4 x 25m. BS 2pull/1kick. RI 15s.</b> Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p><b>3) BS Kick with board. 4 x 25m. RI 15s.</b> Focus on full range of kick, snap finish. (200)</p>
Main set	<p><b>1) 4 x 50m BS. RI 20s. Easy. Think about technique.</b> - Pull, breathe, kick &amp; glide.</p> <p><b>2) 2 x 100m. FreeIM. RI 20s.</b> Substitute FS for the fly.</p> <p><b>3) 100m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>4) 200m FS. Easy.</b> Count SPL.</p> <p><b>5) 100m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>6) 6 x 50m. FS. RI 20s. 10s apart.</b> Med pace with chin-ups at blocks. Finish sprint to wall.</p> <p><b>7) 4 x 25m. FS kick. RI 20s. Hard.</b> (1200)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1850

	<b>LEVEL 3</b>
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	<p><b>1) Standing BS arm action.</b> Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p><b>2) 4 x 25m. BS 2pull/1kick. RI 15s.</b> Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p><b>3) BS Kick with board. 4 x 25m. RI 15s.</b> Focus on full range of kick, snap finish. (200)</p>
Main set	<p><b>1) 4 x 50m BS. RI 20s. Easy. Think about technique.</b> - Pull, breathe, kick &amp; glide.</p> <p><b>2) 2 x 100m. FreeIM. RI 20s.</b> Substitute FS for the fly.</p> <p><b>3) 100m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>4) 400m FS. Easy.</b> Count SPL.</p> <p><b>5) 100m. OC. Recovery.</b> Nice &amp; easy.</p> <p><b>6) 6 x 50m. FS. RI 20s. 10s apart.</b> Med pace with chin-ups at blocks. Finish sprint to wall.</p> <p><b>7) 4 x 50m. FS kick. RI 20s. Hard.</b> (1500)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	2200

	<b>DISTANCE PEOPLE</b>
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	<p><b>1) Standing BS arm action.</b> Stand, bend at waist to face water. Do BS arm action. Harder the pull – more the over balance.</p> <p><b>2) 4 x 25m. BS 2pull/1kick. RI 15s.</b> Focus on hand grab, feel body lift forward. Head locked, breathe on lift.</p> <p><b>3) BS Kick with board. 4 x 25m. RI 15s.</b> Focus on full range of kick, snap finish. (200)</p>
Main set	<p><b>1) 4 x 50m BS. RI 20s. Easy. Think about technique.</b> - Pull, breathe, kick &amp; glide.</p> <p><b>2) 2 x 200m. FS. RI 20s.</b> Aerobic pace. Use the clock. What is your 200m time??</p> <p><b>3) 100m. OC not FS. Recovery.</b> Easy.</p> <p><b>4) 2 x 200m. FS. RI 20s.</b> Aerobic pace. Now negative split your 200. Check clock at 100 mark, make second half faster.</p> <p><b>5) 100m. OC not FS. Recovery.</b> Easy.</p> <p><b>6) 6 x 50m. FS. RI 20s. 10s apart.</b> Med pace, chin-ups at blocks. Sprint last 10m.</p> <p><b>7) 2 x 100m. FS kick. RI 20s.</b> Medium pace. (1700)</p>
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	2400