











Friday June 28th 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. 	2) 4 x 25m. BS 2kick/1pull. RI 15s. Focus on pulling feet up to butt and fast round whip kick and heels snap together. 3) 2 x 25m. BS arms with pull buoy. RI 15s. Focus on sweep out to catch water and then 'elbows in' recovery. (150)	12) 4 x 25m. BS 2kick/1pull. RI 15s. Focus on pulling feet up to butt and fast round whip kick and heels snap together. 3) 2 x 25m. BS arms with pull buoy. RI 15s. Focus on sweep out to catch water and then 'elbows in' recovery. (150)	2) 4 x 25m. BS 2kick/1pull. RI 15s. Focus on pulling feet up to butt and fast round whip kick and heels snap together. 3) 2 x 25m. BS arms with pull buoy. RI 15s. Focus on sweep out to catch water and then 'elbows in' recovery. (150)
Main set	1) 4 x 25m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide. 2) 200m FS. Easy. Count SPL. 3) 50m. OC (not FS). Recovery. Easy. 5) 4 x broken 100m. FS. RI 20s. <u>Med/hard pace.</u> Within the 100m, stop at wall each 25m for 5 sec then off again. 6) 50m. OC (not FS). Recovery. Easy. 7) 4 x 25m. FS kick. RI 20s. Hard. (900)	1) 4 x 25m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide. 2) 200m FS. Easy. Count SPL. 3) 50m. OC (not FS). Recovery. Easy. 5) 6 x broken 100m. FS. RI 20s. <u>Med/hard pace.</u> Within the 100m, stop at wall each 25m for 5 sec then off again. 6) 50m. OC (not FS). Recovery. Easy. 7) 4 x 50m. FS kick. RI 20s. Hard. (1200)	1) 4 x 25m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide. 2) 400m FS. Easy. Count SPL. 3) 50m. OC (not FS). Recovery. Easy. 5) 6 x broken 100m. FS. RI 20s. <u>Med/hard pace.</u> Within the 100m, stop at wall each 25m for 5 sec then off again. 6) 50m. OC (not FS). Recovery. Easy. 7) 4 x 50m. FS kick. RI 20s. Hard. (1400)
Cool Down.	OC - Back scull, walk, slow BR. (100)	OC - Back scull, walk, slow BR. (100)	OC - Back scull, walk, slow BR. (100)
Total	1450	1900	2050

	LEVEL 1
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 300m)
Drills. 	2) 4 x 25m. BS 2kick/1pull. RI 15s. Focus on pulling feet up to butt and fast round whip kick and heels snap together. 3) 2 x 25m. BS arms with pull buoy. RI 15s. Focus on sweep out to catch water and then 'elbows in' recovery. (150)
Main set	1) 4 x 25m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide. 2) 200m FS. Easy. Count SPL. 3) 50m. OC (not FS). Recovery. Easy. 5) 4 x broken 100m. FS. RI 20s. <u>Med/hard</u> pace. Within the 100m, stop at wall each 25m for 5 sec then off again. 6) 50m. OC (not FS). Recovery. Easy. 7) 4 x 25m. FS kick. RI 20s. Hard. (900)
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1450

	LEVEL 2
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 350m)
Drills. 	12) 4 x 25m. BS 2kick/1pull. RI 15s. Focus on pulling feet up to butt and fast round whip kick and heels snap together. 3) 2 x 25m. BS arms with pull buoy. RI 15s. Focus on sweep out to catch water and then 'elbows in' recovery. (150)
Main set	1) 4 x 25m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide. 2) 200m FS. Easy. Count SPL. 3) 50m. OC (not FS). Recovery. Easy. 5) 6 x broken 100m. FS. RI 20s. <u>Med/hard</u> pace. Within the 100m, stop at wall each 25m for 5 sec then off again. 6) 50m. OC (not FS). Recovery. Easy. 7) 4 x 50m. FS kick. RI 20s. Hard. (1200)
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	1900

	LEVEL 3
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	2) 4 x 25m. BS 2kick/1pull. RI 15s. Focus on pulling feet up to butt and fast round whip kick and heels snap together. 3) 2 x 25m. BS arms with pull buoy. RI 15s. Focus on sweep out to catch water and then 'elbows in' recovery. (150)
Main set	1) 4 x 25m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide. 2) 400m FS. Easy. Count SPL. 3) 50m. OC (not FS). Recovery. Easy. 5) 6 x broken 100m. FS. RI 20s. <u>Med/hard</u> pace. Within the 100m, stop at wall each 25m for 5 sec then off again. 6) 50m. OC (not FS). Recovery. Easy. 7) 4 x 50m. FS kick. RI 20s. Hard. (1400)
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	2050

	DISTANCE PEOPLE
Warm up. 	Alternate; 100m OC swim, 100m OC kick, (hopefully 400m)
Drills. 	2) 4 x 25m. BS 2kick/1pull. RI 15s. Focus on pulling feet up to butt and fast round whip kick and heels snap together. 3) 2 x 25m. BS arms with pull buoy. RI 15s. Focus on sweep out to catch water and then 'elbows in' recovery. (150)
Main set	1) 4 x 25m BS. RI 15s. Easy. Think about technique. - Pull, breathe, kick & glide. 2) 400m FS. Easy. Count SPL. 3) 50m. OC (not FS). Recovery. Easy. 5) 6 x broken 100m. FS. RI 20s. <u>Med/hard</u> pace. Within the 100m, stop at wall each 25m for 5 sec then off again. 6) 100m. OC (not FS). Recovery. Easy. 7) 4 x 100m. Kick, as 2 x FS, 2 x BK. RI 20s. Med/Hard pace. (1650)
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	2300