Friday June 28th 2024 – Breaststroke. Power in the stroke.

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

	LEVEL 1
Warm up.	Alternate;
WW	100m OC swim, 100m OC kick,
00	(hopefully 300m)
Drills.	2) 4 x 25m. BS 2kick/1pull. RI 15s.
	Focus on pulling feet up to butt and fast
War	round whip kick and heels snap together.
(S)	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. Med/hard
	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	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1450

	LEVEL 2
Warm up.	Alternate;
WID	100m OC swim, 100m OC kick,
9	(hopefully 350m)
Drills.	12) 4 x 25m. BS 2kick/1pull. RI 15s.
	Focus on pulling feet up to butt and fast
Ware.	round whip kick and heels snap together.
(Sep)	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. Med/hard
	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	OC - Back scull, walk, slow BR.
Down.	(100)
Total	1900

	LEVEL 3
Warm up.	Alternate;
WID	100m OC swim, 100m OC kick,
9	(hopefully 400m)
Drills.	2) 4 x 25m. BS 2kick/1pull. RI 15s.
	Focus on pulling feet up to butt and fast
(III)	round whip kick and heels snap together.
(Sep)	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. Med/hard
	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	OC - Back scull, walk, slow BR.
Down.	(100)
Total	2050

	DISTANCE PEOPLE
Warm up.	Alternate;
WID	100m OC swim, 100m OC kick,
9	(hopefully 400m)
Drills.	2) 4 x 25m. BS 2kick/1pull. RI 15s.
	Focus on pulling feet up to butt and fast
(Wash	round whip kick and heels snap together.
(Sept)	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. Med/hard
	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