






	<b>ALL LEVELS 1 – 3.</b>
Warm up. 	Alternate - 100m FS swim, 100m BK kick, (hopefully 300m)
Set #1. 	<b>Level 1. 4 x 50m. FS, Med. RI 20s.</b> <b>Level 2 &amp; above. 5 x 50m. FS, Med. RI 20s</b> (200 or 250m)
Drill A.	<b>Open Turn Technique.</b> Everyone to the side wall with coach. Even advanced swimmers.
Set #2.	Back to original lanes, <u>practice turn technique.</u> <b>Level 1. 4 x 50m. FS. Easy. RI 20s.</b> <b>Level 2 &amp; above. 5 x 50m. FS. Easy. RI 20s.</b> (200 or 250m)
Drill B.	<b>Open Turners.</b> Lanes 6,5,4 for continuous turn practice. <b>Tumble Turners.</b> Lanes 3 for 2 x 50m FS. Every 5 strokes somersault with calf slap. Then practice at wall the same thing.
Set #3.	<b>Everyone</b> , back to original lanes. FS Pyramid. 25/50/100/50/25. RI 20s. Hard on 25's. (250)
Drill C.	<b>Everyone to Lane 6 pool edge.</b> BS Turn Demo. The underwater work is the same for both 'start' & 'turn'!! <b>Everyone</b> back to their lanes to practice BS underwater work.
Set #4.	<b>Level 1. 4 x 50m. ↑ FS ↓ BS. Easy. RI 20s.</b> <b>Level 2 &amp; above. 5 x 50m. ↑ FS ↓ BS.</b> <b>Easy. RI 20s.</b> <u>Put into practice the turn technique at wall.</u> (200 or 250m)
Cool Down	Everyone. 100m walk or swim or BK real easy.
Total	1250 (or 1400)

	<b>DISTANCE PEOPLE</b>
Warm up. 	Alternate; 100m FS swim, 100m BK kick, (hopefully 300m)
Drills. 	<b>1) 2 x 50m. Dolphin kick on back. RI 20s.</b> Go as far as you can underwater off wall. <b>2) 2 x 100m. FS with paddles. Hard. RI 20s.</b> (300)
Main set 	<b>1) 2 x 100m IM. Easy. RI 20s.</b> Wait for all flyers at end of 1 <sup>st</sup> lap before continuing. <b>2) Recovery,</b> walk half way & back. <b>3) 2 x 200m Hypoxic FS. Med, RI 30s.</b> Depending on your breath pattern, rotate breaths through 2/4/6 or 3/5/7. <b>4) Recovery,</b> walk half way & back. <b>5) 8 x 50m FS. Hard. RI 30s.</b> 10 chin-ups off starting block handle. Give each swimmer space – ½ lap apart. <b>7) 100m. OC (not FS). Recovery. Easy.</b> <b>6) 2 x 100m. FS kick. Med.</b> (1300)
Cool Down.	OC - Back scull, walk, slow BR. (100)
Total	2000