





Tuesday July 9<sup>th</sup> 2024. Starts. Turns. Race prep.

|   | <b>ALL LEVELS 1 – 3.</b>   |
|---|--|
| Warm up.<br> | Alternate - 100m FS swim, 100m BK kick, (hopefully 300m)   |
| Drill A.  | <b>Open FS Turn Refresher.</b> <b>Everyone</b> to side wall with coach. Demo and ‘under the ropes drill’. Then back to normal lanes for wall practice. Stagger distances of the ‘swim to wall’.  |
| Set #1.   | <u>Note: Start/finish at middle of lane.</u> This is where you practice the turns.<br><b>Level 1. 4 x 50m. FS. Easy. RI 20s.</b><br><b>Level 2 &amp; above. 5 x 50m. FS. Easy. RI 20s.</b><br>(200 or 250m)  |
| Drill B.  | <b>Backstroke Turns. ..Strokes from flags to wall..?</b><br><b>Open Turners.</b> Lanes 6 & 5 for demo and practice.<br><b>Tumble Turners.</b> Lane 4 for 2 x 50m FS every 5 strokes, somersault with calf slap. Then to wall for BK turn technique & practice. |
| Set #2.   | <b>Everyone</b> , back to original lanes.<br><b>Pyramid.</b> 25/50/100/50/25. RI 20s. Note the 50m’s are BK, other distances are FS.<br>(250)  |
| Drill C.  | <b>Everyone</b> to the Deep end.<br>Starts & Finish, demo & practice.  |
| Set #3.   | <b>Walk Backs</b> (ie 25m sprints from starting position).<br>NOTE: You may relax the first part of the lap BUT <b>hammer home</b> the finish!!!!<br>Minimum x5 FS and x5 OC.<br>(250m)  |
| Set #4<br>(if time)   | <b>Everyone.</b> <b>A lazy 200m FS</b> but with your very best turns.  |
| Cool Down   | Everyone. 100m walk or swim or BK real easy.   |
| Total   | 1250 (or 1400)   |

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